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Tuesday



Sen. Ted Stevens was convicted of corruption.

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ENTERTAINMENT

The Cure:

Dr. Drew claims to have answers for the addicted on 'Celebrity Rehab.' Plus, Charlie Kaufman's beautiful mind.

>> 19-25



Syrians Denounce U.S. After Deadly Raid



LAID TO REST: Syrians carry a coffin of one the victims killed during a U.S. helicopter raid on the Syria-Iraq border Sunday. Angry mourners lashed out against the U.S. for the attack, which Syria's government said killed eight people. ♦ **Target:** U.S. officials say Syrian cell leader was killed in the raid | Page 8

Metro to Begin Bag Searches

Concerns over election, inauguration security spur decision

WASHINGTON | Metro officials announced Monday that they will begin randomly inspecting backpacks, gym bags and any other containers that riders carry with them onto the bus and rail system, in an effort to deter possible terrorist attacks.

Officials said Metro's program — announced at a morning news conference — was not begun in response to any specific terrorist threat, but was prompted by con-

tinuing concerns about transit security and the upcoming election and inauguration of a new president.

"We realize that all Americans everywhere are at some risk from terrorism, and that those of us who live and work in the region of the nation's capital face increased risks," Metro Transit Police chief Michael Taborn said.

The inspections will take place when Transit Police determine that circumstances

— such as an elevated threat level — warrant heightened vigilance. They will not be announced ahead of time.

The announcement comes as the transit system faces an increase in robberies, thefts from vehicles at Metro parking lots and assaults on bus operators.

In launching a search program, Metro is joining the New York and Boston transit systems, which began random bag inspections after bombings in London's transit system in 2005. LENA H. SUN (THE WASHINGTON POST)



WOULD YOU OBJECT TO HAVING YOUR BAG SEARCHED BY TRANSIT POLICE BEFORE RIDING METRO? A YES B NO



TUESDAY
56 | 38



WEDNESDAY
53 | 39



THURSDAY
59 | 43

eyeOpeners

BABY GIFTS

Pre-Paid Therapy Donated to Infants

Not only has a 56-year-old Ohio woman given birth to triplets, but they're her own granddaughters. Jaci Dalenberg, of Wooster, carried the babies as a surrogate for her daughter, Kim Coseno. The two identical twins and their sister were born by Caesarean section Oct. 11 at the Cleveland Clinic's Hillcrest Hospital in Mayfield Heights and are still in the hospital's care. They were more than two months premature and each weighed less than three pounds. A Cleveland Clinic news release said infants and grandmother are all doing well. According to a Clinic spokesman, Dalenberg offered herself as a surrogate when Kim Coseno and her husband, Joe, were waiting to adopt. The couple used in vitro fertilization, and embryos were implanted in Dalenberg's uterus. (AP)



SMUGGLING

Mexican Sausage Cartel on the Ropes

Customs inspectors scored the makings of a barbecue when a 21-year-old South Texas woman declared several soiled baby diapers at a U.S.-Mexico border crossing. Suspicious of the chunky diapers, inspectors with U.S. Customs and Border Protection at the international bridge in Hidalgo found several links of spicy pork sausage, or chorizo, inside. The diapers had been folded to look soiled, according to a customs agency statement. The Mission resident, who was not identified after the Friday night incident, was fined \$300 and her chorizo was seized. "You would be surprised what people carry in their vehicles," Felix Garza, a local U.S. Customs and Border Protection spokesman, told The Monitor newspaper. (AP)



BOB CAREY/FLORIDA KEYS NEWS BUREAU/AP

WAH-WAH

You Showoffs!

Most of us have plenty of trouble just getting our jack-o'-lanterns' eyebrows creepy and our smiles perfectly toothy on land. And then, in a brazen effort to outdo the rest of the free, pumpkin-carving world, these folks in Key Largo, Fla., go ahead and hold an under-watering pumpkin carving contest. OK, we get it: You're a diver with mad knife skills, while the rest of us are land sharks with minimal hand-eye coordination. We hope, at least, that no one got extra points for the baseball cap — a pumpkin can wear one of those anywhere. (EXPRESS)

SMARTS

Surely His Troubles Are Behind Him Now

Delaware State Police on Monday were on the lookout for a Laurel, Del., man who drove his car off a tow truck around 12:30 a.m. Saturday as a repossession worker tried to tow it away. Police said a 37-year-old man came out of his home as a worker from Complete Auto Recovery was putting his car on a tow truck. Police spokesman Sgt. Joshua Bushweller said the man interfered when the worker attached a chain to the car and put it on the truck's lift. After that, Bushweller said, the man got into the car, put it in reverse — despite warnings that he could tear off the bumper — and drove away. Police said an arrest warrant has been issued charging the man with one misdemeanor count of reckless endangering. (AP)



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DOG GONE: Officials at Boston's Logan International Airport say a poodle named Choochy escaped from her kennel as she was being unloaded after a flight Saturday. The poodle evaded airport personnel for more than 17 hours and delayed at least eight flights before she was caught.

Nation



Daniel Cowart holds a weapon in this photo pulled from his MySpace page.

Agents Foil Skinheads' Obama Plot

WASHINGTON | Law enforcement agents have broken up a plot by two neo-Nazi skinheads to assassinate Sen. Barack Obama and shoot or decapitate 88 black people, the Bureau of Alcohol, Tobacco Firearms and Explosives said Monday.

In court records unsealed Monday in U.S. District Court in Jackson, Tenn., federal agents said they disrupted plans to rob a gun store and target a predominantly black high school.

The men also sought to go on a national killing spree after the Tennessee murders, with Obama as their final target, Cavanaugh said.

"They said that would be their last, final act — that they would attempt to kill Sen. Obama," Cavanaugh said. "They didn't believe they would be able to do it, but that they would get killed trying."

The men — Daniel Cowart, 20, of Bells, Tenn., and Paul Schlesselman 18, of Helena-West Helena, Ark. — are being held without bond. (AP)



Sen. Ted Stevens, R-Alaska, center, leaves federal court in Washington after the jury returned a guilty verdict at his trial Monday.

Alaska Senator Convicted

Stevens found guilty of lying about gifts from oil contractor

WASHINGTON | Alaska Sen. Ted Stevens was convicted of seven corruption charges Monday in a trial that threatened to end the 40-year career of Alaska's political patriarch in disgrace.

The verdict, coming barely a week before Election Day, increased

Stevens' difficulty in winning what already was a difficult race against Democratic challenger Mark Begich. Democrats hope to seize the once-reliably Republican seat as part of their bid for a filibuster-proof majority in the Senate.

Stevens, 84, was convicted of all the felony charges he faced of lying about free home renovations and other gifts from a wealthy oil contractor.

Visibly shaken after the ver-

dicts were read — the jury foreman declaring "guilty" seven times — Stevens tried to intertwine his fingers but quickly put his hands down to his side after noticing they were trembling. He declined to talk to reporters waiting outside.

Stevens faces up to five years in prison on each count when he is sentenced, but under federal guidelines he is likely to receive much less prison time, if any.

The monthlong trial revealed

that employees for VECO Corp., an oil services company, transformed Stevens' modest mountain cabin into a modern, two-story home with wraparound porches, a sauna and a wine cellar.

Stevens does not have to drop his bid for re-election or resign from his Senate seat.

The Senate's longest-serving Republican, Stevens said he had no idea he was getting freebies. He said he paid \$160,000 for the project and believed that covered everything.

He had asked for an unusually speedy trial, hoping he'd be exonerated in time to return to Alaska and win re-election. He kept his campaign going and gave no indication that he had a contingency plan in case of conviction.

Despite being a convicted felon, he is not required to drop out of the race or resign from the Senate. If he wins re-election, he can continue to hold his seat because there is no rule barring felons from serving in Congress. The Senate could vote to expel him on a two-thirds vote.

Stevens is a legendary figure in Alaska, where he has wielded political influence since before statehood. His knack for steering billions of dollars in federal money to his home state has drawn praise from his constituents and consternation from budget hawks. (AP)

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Nation

Singer's Nephew Found Dead in Car

Jennifer Hudson's
7-year-old relative had
been shot several times

CHICAGO | Actress Jennifer Hudson's 7-year-old nephew was found dead on Monday, ending a grim search that began three days ago with the discovery of his murdered grandmother and uncle in the house they shared on Chicago's South Side.

Julian King's body was discovered in the back seat of a missing 1984 Chevrolet Suburban parked on a residential street miles from the original crime scene. He had been shot several times.

Police superintendent Jody Weis somberly announced the news that Chicago residents had feared since the Oscar-winning actress' mother and brother were murdered Friday in the working-class Englewood neighborhood on the city's South Side.

"Today, a family and a community are grieving," Weis said.

The discovery came one day after Hudson, who won an Academy Award for "Dreamgirls," offered a \$100,000 reward for informa-



Mourners gather to pray for Jennifer Hudson's family Monday in Chicago.

tion leading to the safe return of Julian, the son of her sister Julia Hudson.

No one has been charged in the case, but police say the principal suspect in the slayings of Hudson's mother, Darnell Donerson, 57, and her brother, Jason Hudson, 29, is in custody. He is William Balfour, the estranged husband of Julia Hudson. Police reported that Balfour, 27, denied any role in the deaths after his arrest Friday. He has not been charged in the case. PETER SLEVIN (THE WASHINGTON POST)



BY THE NUMBERS: Hate crime incidents in the U.S. decreased slightly last year, despite a surge in crimes targeting gays and lesbians. The FBI reported more than 7,600 hate crime incidents in 2007, down about 1 percent from 2006. But prejudice against sexual orientation, the third-largest category, increased about 6 percent, the report found. (AP)

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"We both disagree with President Bush on economic policies. My approach is to get spending under control." —**Sen. John McCain**, contrasting his economic plans with Sen. Barack Obama's during a speech in Cleveland

Nation

Election Anxieties Cross Party Lines

Die-hard supporters of McCain, Obama are on edge about results

CHICAGO | Victoria St. Gelais is panicky. Steven Valentine is losing sleep as his mood rises and falls with Sen. John McCain's poll numbers.

Voters across the country, whether they support McCain or Sen. Barack Obama, say they are experiencing nail-biting, ulcer-inducing anxiety ahead of next week's election and all that's riding on it.

"I have kind of a general feeling of near panic on occasion," says St. Gelais, a McCain supporter in Ormond Beach, Fla. "The thought of Obama winning right now is scaring me to death. ... I'm just anxious and even a little depressed."

St. Gelais, like many, says she's



Democratic blogger Cynthia Liu has coined the term "Post-Traumatic Election Anxiety Disorder" to describe the fearful state of many American voters this year.

not sleeping well, is watching Fox News nearly all day and "lives on her computer," following all of the

latest news. If Obama wins, she'll be devastated.

"I would equate it to a death,"

she said.

Although polls favor Obama a week before the election, it's not just Republicans getting the jitters. Democrats are on high alert after losing two close elections to President Bush in the last eight years.

Democratic blogger Cynthia Liu has dubbed it "Post-Traumatic Election Anxiety Disorder," with hallmarks including restless Web surfing for election information, sleeplessness and making desperate calls to undecided voters.

"It's a very high-stakes election," says Liu, a writer in Los Angeles.

Valentine, a sophomore at Franciscan University of Steubenville in Ohio, says he doesn't know what he'll do if McCain loses.

"The College Republicans have given up countless hours of our time," Valentine says. "I haven't

really prepared myself for [a McCain loss]."

Nancy Molitor, a psychologist in Wilmette, Ill., says this is the most anxious she has seen her patients in 20 years of practice.

And right now — with war, a historic election and a looming financial crisis — is most certainly not a time of calm. People are reporting trouble sleeping, edginess, irritability, and increased absences and distractions at work, Molitor says.

Add to that 24-hour cable news shows and near nonstop reporting, blogging and commenting online, and you have a virtual stress-fest for political junkies. As the race wraps up, Molitor is concerned about those who have the most emotional investment in the election.

"Some have been very passionate. It's become their life. It's become an obsession. And those people I'm worried about," she said.

HEATHER LALLEY (AP)

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World



WELL-TRAINED: Three Siberian circus tigers leapt through a wall of fire to safety from a burning truck Monday in northwestern Germany. The tigers, who jump through rings of fire in performances, escaped the 15-minute blaze by obeying their ringmaster's orders.

In Brief



Israel's Tzipi Livni faces a close election race against Benjamin Netanyahu.

JERUSALEM

Survey: Israeli Voters Split Between Leading Parties

Israel moved closer Monday to an election campaign that will decide the future of peace talks, as polls showed the moderate foreign minister, Tzipi Livni, in a surprisingly close race with hard-line opposition leader Benjamin Netanyahu. Neither of Israel's two leading political parties would have enough seats to form a government on its own, according to the surveys, which also showed an even split between the country's hawkish and center-left blocs. (AP)

MEXICO CITY

Prosecutors: Cartel Worker Spied on DEA Operations

A major drug cartel has infiltrated the Mexican attorney general's office, and one cartel worker says he spied on Drug Enforcement Administration operations from inside the U.S. Embassy, Mexican prosecutors said Monday. Five officials of the Attorney General's Organized Crime unit were arrested on allegations they served as informants for the Beltran-Leyva Cartel, Attorney General Eduardo Medina Mora said. (AP)

GENEVA

U.N.: Heart Ailments Top List Of Death Causes Worldwide

Heart ailments, infectious diseases and cancer remain the world's top three killers, the U.N. health agency said Monday. Heart attacks and related problems claim 29 percent of people who die each year, the World Health Organization said in a 146-page report based on death registration data from 112 countries and estimates where reporting is incomplete. (AP)

Syrians Bury Victims of U.S. Raid

Official: Attack killed al-Qaeda-linked head of smuggling network

SUKKARIYEH, SYRIA | A cross-border raid by U.S. special forces killed the al-Qaeda-linked head of a Syrian network that smuggled fighters, weapons and cash into Iraq, an American counterterrorism official said Monday.

Blood stained the earth in this border village as anguished Syrians buried relatives they said were killed in the U.S. helicopter attack Sunday. Some shouted anti-American slogans and carried banners reading: "Down with Bush and the American enemy."

The operation targeted the home



Women mourn on Monday during the funeral of relatives they said were killed Sunday during a cross-border U.S. helicopter attack on a home in Sukkariyeh, Syria.

of Abu Ghadiyah, the nickname for the leader of a key cell of foreign fighters in Iraq, the U.S. official told The Associated Press from

Washington. He spoke on condition of anonymity because of the sensitive intelligence.

The U.S. Treasury Department

has named Abu Ghadiyah as one of four major figures in al-Qaeda's Iraq wing who were living in Syria.

U.S. authorities have said Abu Ghadiyah's real name is Badran Turki al-Mazidih, an Iraqi in his early 30s who served as al-Qaeda in Iraq's head of logistics in Syria since 2004. His job included providing foreign fighters with passports, weapons, guides and safe houses as they slipped into Iraq and made their way to major cities where the Sunni insurgency was raging.

The Syrian government said Sunday's attack by four U.S. military helicopters targeted a civilian building under construction in Sukkariyeh shortly before sundown, and killed eight people, including four children. ZEINA KARAM (AP)



Displaced people carry their belongings as they leave their violence-racked villages near Kibumba, Congo, on Monday.



Crowds of Congolese flee their homes ahead of rebel fighting on Monday.

Peacekeepers Fire at Congo Rebels

Thousands flee homes as protesters demand more U.N. protection

GOMA, CONGO | In a chaotic day of fighting and fear, U.N. peacekeepers used helicopter gunships against rebels in eastern Congo on Monday, trying to halt a rebel advance as government troops hastily retreated

and civilians attacked U.N. headquarters demanding protection.

U.N. spokeswoman Sylvie van den Wildenberg said the peacekeepers in helicopters fired at rebel forces surging on Kibumba, about 28 miles north of the provincial capital of Goma.

Rebel leader Gen. Laurent Nkunda has threatened to take Goma in defiance of calls from

the U.N. Security Council for him to respect a U.N.-brokered ceasefire signed in January.

In what appeared to be a major retreat, hundreds of government soldiers pulled back Monday from the battlefield north of Goma — fleeing in tanks, jeeps, trucks, commandeered cars and on foot. Soldiers honked their horns angrily as they struggled to push through

throng of displaced people poured onto the main road.

Rebel spokesman Bertrand Bisimwa told The Associated Press that rebel fighters were within seven miles of Goma. Residents of Katindo, a neighborhood three miles from downtown Goma, told the AP they heard bombs exploding late Monday afternoon.

Tens of thousands of civilians abandoned their homes ahead of the rebel advance. By nightfall, women and children lay down on roadsides made muddy by tropical downpours, stretching out to sleep.

Earlier Monday, crowds of protesters attacked four U.N. compounds in Goma with rocks, venting outrage that the U.N. peacekeeping mission has been unable to protect them from the rebels. MICHELLE FAUL (AP)

36

The percentage of Afghans who feel they are more prosperous today than they were under the Taliban regime, according to a U.S.-funded survey released Tuesday.

World

90 Killed in Yemen Floods

U.N.'s World Food Program says storm has displaced 20,000

SANA, YEMEN | A Yemeni police official said Monday that 90 people have been killed so far in massive flooding in the south of Yemen caused by a tropical storm, while the United Nation's World Food Program said 20,000 people have been displaced by the floods.

The WFP said it has been difficult to get aid to the remote region because most roads have been destroyed by floods caused by the tropical storm Thursday.

The damage was extensive because most homes in the area are made of mud brick.

The police official who gave the latest toll spoke on condition of ano-



A family searches for possessions in the rubble of their collapsed house in Mish-tah, Yemen, on Monday. A tropical storm four days earlier displaced 20,000 people.

nymity because he was not authorized to speak to the media.

Yemen's president, Ali Abdullah Saleh, called on private citizens and nongovernmental organizations to assist flood victims. But some Yemenis don't think enough

is being done.

"Efforts are too slow," said Akeel Al-Ataf, a member of Hadramut province's municipal government. "We haven't seen any food or medicine in three days, and the relief efforts are chaotic." AHMED AL-HAJ (AP)

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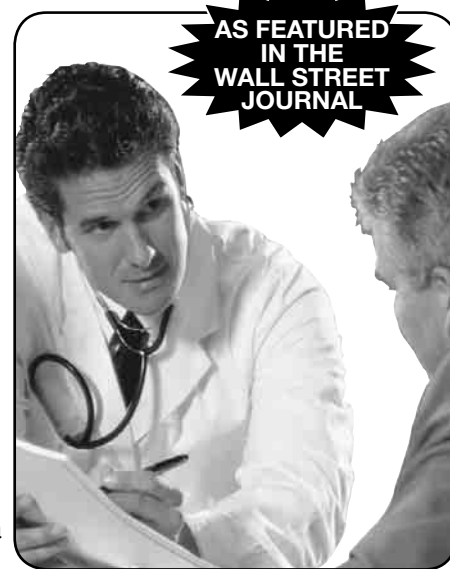


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World



REJECTED: The British government has scrapped a proposal for a new holiday to celebrate Britishness. Britain Day was proposed in a government-commissioned report earlier this year. But Constitution Minister Michael Wills wrote in a statement last week that "there are no plans to introduce a national day at the present time."

Beer Sales Dry Up Across the U.K.

Downturn in British economy leads to fewer brews sold at markets

LONDON | Britons may be reeling from the global financial crisis, but few are crying into their beer.

Beer sales are falling as the economy worsens, defying predictions by some that consumers would buy their brew at supermarkets to escape higher prices at pubs.

The British Beer and Pub Association reported Monday that total beer sales fell about 7 percent in the third quarter — the equivalent of

161 million fewer pints compared with the same period in 2007.

Sales of the iconic British pint in pubs have been declining for years, leading to the closure of thousands of hostelrys across the country.

Now the association's Quarterly Beer Barometer reveals that the downturn has broadened to supermarket sales.

"The accelerating decline in beer sales is a clear sign of a worsening economy, worried households and weakening spending," said Rob Hayward, the association's chief executive.

Supermarket and liquor store



Beer sales at British pubs and markets are falling as the economy worsens.

sales fell 6 percent between July and September compared with the same period last year, slightly behind the 8.1 percent drop recorded for pubs, bars and restaurants.

The British Beer and Pub Association, whose members brew 98 percent of Britain's beer and

include nearly two-thirds of the country's pubs, said the problem was exacerbated by increases in the alcohol tax, which brings in about \$180 million a year. The government increased beer duty by 9.1 percent in March.

"This sales trend is symptomatic of the problems infecting the broader economy," said Hayward. But, he said, government policies "are making a bad situation worse."

JANE WARDELL (AP)

CONTINENTAL CRISIS

From Paris to Berlin, there are signs Europeans are drinking less:

- Sales of French champagne dipped 2.6 percent in the first eight months of the year, according to the champagne winegrowers committee CIVC.
- Germany's brewers sold just under 11 billion pints of beer in the first six months of this year — a decline of 1.7 percent from the first half of 2007. (AP)

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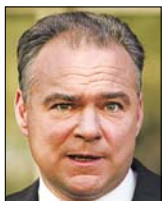
NAACP Sues Va. Governor

Civil rights group says state is not prepared for massive voter turnout

RICHMOND, VA. | The Virginia NAACP sued Gov. Tim Kaine on Monday, arguing that the state failed to prepare for an unprecedented turnout of voters in next week's presidential election.

The complaint, filed late Monday in U.S. District Court in Richmond, alleges that with record increases in voter registration, the state failed to provide enough polling places.

It asks the court to put the federal government in charge of the election in Virginia, to reallocate



Kaine

voting machines to precincts most likely to have long waiting lines and to keep polls open for an additional two hours.

The National Association for the Advancement of Colored People contends in a 27-page lawsuit that the failure to provide more voting machines, particularly in majority black precincts, violates the state

and U.S. constitutions and the Voting Rights Act of 1965.

Besides Kaine, a Democrat and close political and personal ally of Sen. Barack Obama, defendants include the State Board of Elections and its executive secretary, Nancy Rodrigues; and Election officials in three of the state's largest cities — Richmond, Norfolk and Virginia Beach.

"The allocation of polling place resources is plainly irrational, non-uniform and likely discriminatory," wrote Henry L. Marsh, attorney for the NAACP and a Democratic state senator from Richmond.

BOB LEWIS (AP)

LEESBURG, VA. | LATE BATTLEGROUND SWING



BILL O'LEARY / TWP

SHOW OF SUPPORT: Republican vice presidential candidate Sarah Palin, right, turns to acknowledge local builder Tito Munoz, in the yellow hard hat, at a rally in Leesburg Monday. Munoz, known as "Tito the Builder," introduced the candidate at the morning event at JR's Festival Lakes.

Minivan Hits Buggy At Crossing

1 of 2 bicyclists involved in Md. incident hurt, is in stable condition

A minivan driver plowed into two bicyclists and an Amish buggy towing a pair of canoes as they waited for a traffic light to change just before daybreak Sunday in Leonardtown, according to the St. Mary's County Sheriff's Department.

The buggy lurched forward, crashing into a second buggy, before tumbling sideways into the front yard of a home.

The two cyclists, both 17 years old, and the driver of the minivan were taken to St. Mary's Hospital. The driver and a cyclist were released after treatment, and the second biker was transferred to Washington Hospital Center, where he was listed in stable condition Monday, the sheriff's office said.

Three teenagers in the toppled buggy were not injured, according to a spokeswoman for the sheriff.

The minivan driver was identified as Benjamin Allen, 19, of Prince Frederick. The sheriff's spokeswoman said neither speed nor alcohol was a factor in the accident

ASHLEY HALSEY III (THE WASHINGTON POST)

The Lotteries

Monday, Oct. 27

DISTRICT

Mid-day Lucky Numbers **0-7-1**
Evening Lucky Numbers (Sun.) **7-4-4**
Mid-day DC 4 **0-7-2-4**
Evening DC 4 (Sun.) **4-6-5-4**
Rolling Cash Five (Sun.) **4-16-17-25-33**
Daily 6 (Sun.) **2-12-20-21-25-28 Bonus: 27**

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

MARYLAND

Mid-day Pick 3 **2-9-9**
Evening Pick 3 (Sun.) **8-7-6**
Mid-day Pick 4 **5-8-3-5**
Evening Pick 4 (Sun.) **7-4-5-8**
Match 5 (Sun.) **13-16-17-29-33 Bonus: 22**

VIRGINIA

Mid-day Pick 3 **7-7-4**
Evening Pick 3 (Sun.) **5-2-6**
Mid-day Pick 4 **3-4-3-6**
Evening Pick 4 (Sun.) **2-8-1-6**
Mid-day Cash 5 **1-11-15-31-34**
Evening Cash 5 (Sun.) **5-7-14-23-25**

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Boy Pleads Guilty in Deaths

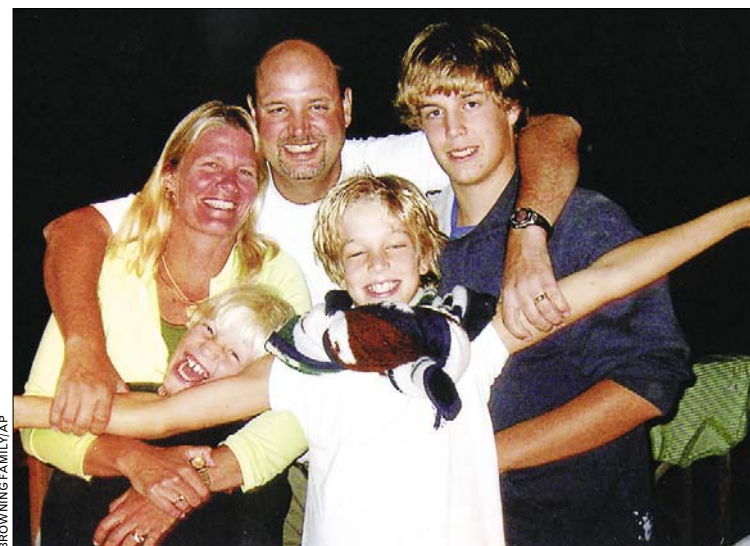
Md. teen faces at least 23 years in prison in slaying of his family

TOWSON, MD. | A Maryland teen pleaded guilty Monday to fatally shooting his sleeping father, mother and two younger brothers, and then going back to a friend's house to play video games.

Nicholas Browning, 16, of Cockeysville pleaded guilty to four counts of first-degree murder in the February slayings of John W. Browning, 45; Tamara Browning, 44; Gregory Browning, 14, and Benjamin Browning, 11.

Browning wept in court as prosecutors described the crime. A sheriff's deputy brought him a box of tissues, and Browning wiped his eyes and blew his nose.

In exchange for the plea, prosecutors will not seek a sentence of life without parole. Instead, they will seek a maximum of two consecutive and two concurrent life sentences, meaning Browning could eventually be released on parole. Under



In this undated Browning family photo, Tamara, left, and John Browning, back, are shown with their children, Benjamin, left; Gregory, center; and Nicholas, top right.

state law, he would serve at least 23 years behind bars.

Browning was a week shy of his 16th birthday at the time of the slayings, too young under state law to face the death penalty. But a motive in the case remains a mystery.

Other than noting that Browning had been arguing with his father, police

and prosecutors have said little about what led to the slayings. A psychiatrist testified at an earlier hearing that Browning was physically and verbally abused by his parents and thought he could do nothing to please them. State psychiatrists found Browning had no diagnosable mental illnesses.

BEN NUCKOLS (AP)

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The average fee, in dollars, charged by banks in the United States when an ATM is used by a non-account holder, according to a survey by Bankrate.com. The survey also found a bounced check currently incurs an average penalty of \$28.95.

Money

New Home Sales Rise 2.7 Percent

BUSINESS | Sales of new homes unexpectedly rose last month, as many home buyers seized on builder discounts and rushed to take advantage of expiring down payment assistance programs and other incentives. Economists had expected sales of new, single-family homes to drop from August levels, but instead they rose 2.7 percent in September to a seasonally adjusted annual rate of 464,000 homes, the Commerce Department reported Monday. (AP)

HEARSAY | BUDGETS

"It is a crisis, and a crisis means that everyone has to be accountable and everyone has to sacrifice."

—N.Y. GOV. DAVID PATERSON, ON HIS STATE'S PROJECTED \$1.5 BILLION DEFICIT FOR THE CURRENT FISCAL YEAR. THE ECONOMIC CRISIS IS DEVASTATING THE STATE'S TAX REVENUE.

Bailout Funds Headed to U.S. Banks

Treasury Department to inject \$125 billion into financial system

WASHINGTON | The government prepared Monday to move the first batch of bailout money to banks as fretful world markets plunged again. Wall Street ended with a big drop at the closing bell, sending the Dow Jones industrials to their lowest close since the financial meltdown began.

The Treasury Department said it would start moving \$125 billion to nine major banks this week by buying ownership stakes, the first big transfer since the \$700 billion bailout package was passed early this month.

Assistant Treasury Secretary David Nason said the infusion would go to the largest banks in the nation, including Bank of America, Citigroup, JPMorgan Chase and Wells Fargo.

A group of smaller but significant regional banks, including Cap-



Traders gather at a post on the floor of the New York Stock Exchange on Monday. Wall Street endured another highly volatile session with a steep last-minute loss.

ital One Financial and SunTrust Banks, began announcing their own preliminary deals with Treasury for another \$125 billion. That money should be released as soon as paperwork is finished.

The Fed also began a major program to buy up the short-term debt, known as commercial paper, that businesses use to pay for everyday expenses and salaries. Lending, the lifeblood of the economy, froze

up after the collapse of investment house Lehman Brothers in mid-September and has thawed agonizingly slowly since.

On Wall Street, buying and selling that was halfhearted by the standards of the past month had major averages drifting higher and lower throughout the day. Then stocks plunged in the final 10 minutes of trading.

The Dow Jones industrials finished the day down 203 points, or 2.4 percent, closing at the 8,176 level — their lowest close of the year. Remarkably, it was the 28th time in the 31 trading sessions since the financial meltdown began that the Dow has moved triple digits for the day.

But the carnage was worse elsewhere on another day when investors worried about a looming worldwide recession. Major stock markets in Hong Kong, Tokyo, Britain, France and Germany dropped sharply earlier in the day. Tokyo's Nikkei 225 index closed at its lowest level in 26 years. MARTIN CRUTSINGER (AP)

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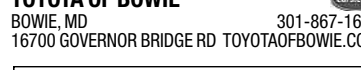


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Sports



TY BYE: Washington coach Tyrone Willingham will step down at the end of the 2008 season. The Huskies fell to 0-7 on Saturday after a 33-7 loss to Notre Dame. Willingham and Athletic Director Scott Woodward announced the change Monday.

Redskins Rue Missed Opportunities

Coaches worry good start won't pay off if team doesn't improve

REDSKINS | That the Washington Redskins are 6-2 and in contention for an NFC East title midway through given the team has a rookie coach, two new coordinators and a previously unproven quarterback.

But the tenor following 25-17 victory over the Detroit Lions Sunday, one reiterated at Redskins Park Monday, was perhaps even more surprising: This team, which has the second-best record in the NFC, is not at all satisfied with how it has played over the first eight weeks, and if it doesn't improve, the record in the second half won't match the first.

"We're not a great football team," said linebacker London Fletcher. "We understand that. We're a good football team who has the ability to be great when we do it the way we're capable of doing it, week in and week out for 60 minutes."

There are a litany of issues Zorn and the rest of the coaching staff would like to address in the days leading up to the next game against Pittsburgh (5-2) on Monday night. "I think the real concern with us is that we can concentrate in critical situations, concentrate through critical situations, because we're leav-



Redskins coach Jim Zorn discusses a play with quarterback Jason Campbell. Red-zone efficiency is a concern for both.

Perfect Fodder

→ What's easier: going undefeated or finishing winless? This question is debated along other news and analysis from around the NFL | **The League**

washingtonpost.com

ing things on the field that we could take advantage of," Zorn said

That lack of focus in all situations, Zorn and players said, could

contribute to Washington's inconsistent play once it reaches the opponent's 20-yard line. In 26 such situations, the Redskins have scored 14 touchdowns, a percentage (53.8) that ranks 14th in the league.

Defensive coordinator Greg Blache was furious over several missed assignments from his patched-together unit against Detroit. Though the unit has been stout for the most part, it has strug-

gled putting pressure on the quarterback and forcing turnovers.

Washington has 10 sacks — two in the last five games — and only two teams have fewer sacks per pass play. In the last four weeks, the Redskins don't have an interception.

"We've got to catch the football," Fletcher said. "The fumbles, we get them on the ground, we've got to come up with them." **BARRY SVRLUGA (THE WASHINGTON POST)**

Swengali

REDSKINS | BY MATT SWENSON

Gibbs Deserves Part of the Credit

A LOT HAS been made, and rightly so, of Jim Zorn in his first year as the Redskins' coach.

As you may have noticed, Washington isn't 6-2 halfway through the season very often. In fact, the last time that happened was under Norv Turner in 2000. Oh, and by the way, Dan Snyder fired Turner — who started 7-1 in 1996 and somehow missed the playoffs — with three games to go in what turned out to be an 8-8 season.

That's where the comparisons end with Turner, though.

Zorn's fiery temperament — whether he is yelling at Clinton Portis on the sideline or at a reporter during the postgame news conference — was just what the Redskins needed after four years under Joe Gibbs.

Zorn's fiery temperament was just what the Redskins needed.

Yet if you were to look at the key contributors on this year's team, all were brought in by Gibbs.

A cynic would ask why, with this talent, Gibbs needed two incredible finishes for his only postseason appearances in his second tenure. Yet at 6-2, there's no need for rudeness when we can laud the old coach for his player evaluation.

Trades for Portis and Santana Moss have proven correct in the long term. Drafting Jason Campbell and Carlos Rogers out of Auburn the same year sure looked good, too. Ditto for taking LaRon Landry — a genius move for tragic reasons — and signing London Fletcher.

So, as Zorn is praised for being the right coach to lead the Redskins, don't forget to give Gibbs his due one last time.

To reach Matt Swenson, e-mail matt.swenson@readexpress.com

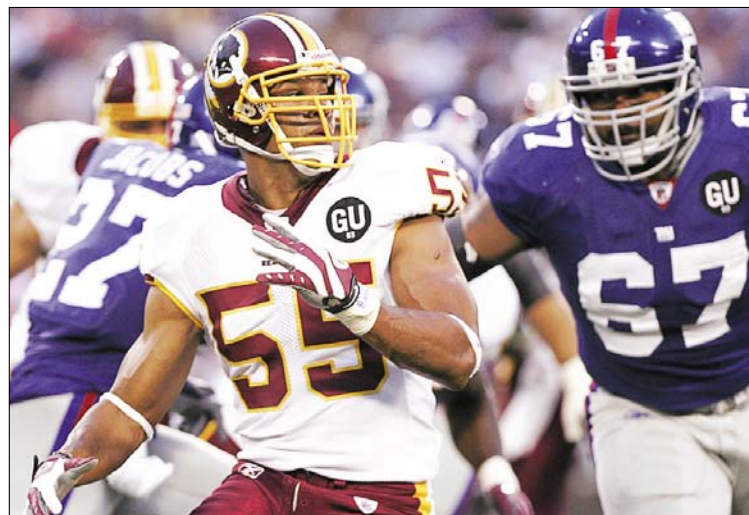
Springs, Taylor to Sit Against Steelers

Moss, Portis are likely to play after suffering minor injuries Sunday

REDSKINS | Defensive end Jason Taylor and cornerback Shawn Springs are expected to miss the Washington Redskins' game next week against the Pittsburgh Steelers.

Taylor had a minor procedure done on his injured left calf Monday. Coach Jim Zorn said Taylor has a skin infection that is being treated with antibiotics.

Taylor was kicked in the calf during Washington's victory over the Arizona Cardinals on Sept. 21. Blood



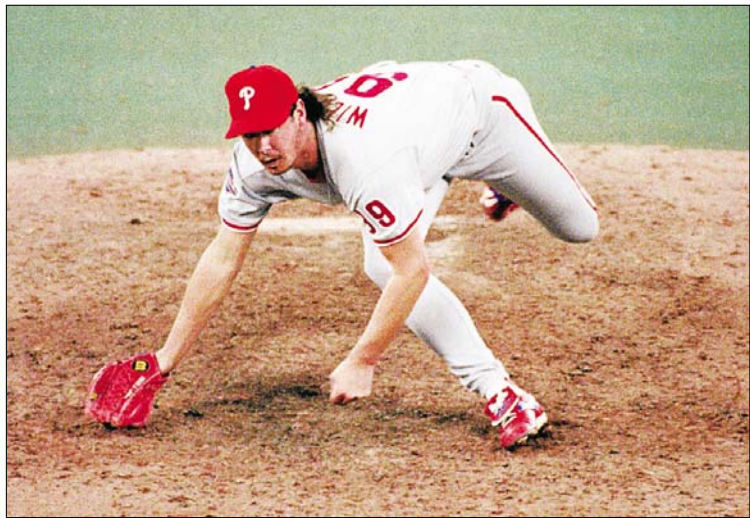
Jason Taylor will miss his third game of the season next Monday due to a calf injury.

pooled in the leg overnight, and Taylor had an emergency operation the next morning. He missed two games, then played in the past three.

Springs, meanwhile, will sit out a third consecutive game with a strained left calf.

Otherwise, Zorn said the injury news was positive a day after Washington improved to 6-2 by beating the Detroit Lions 25-17. Receiver Santana Moss has swelling in a slightly strained hamstring, and Clinton Portis has a sore ankle, but Zorn thinks both will face Pittsburgh. Left tackle Chris Samuels (knee), defensive lineman Cornelius Griffin (shoulder) and safety Chris Horton (ankle), who all missed Sunday's game, are expected to play next Monday, too. (AP)

Sports



Mitch Williams pitches during the ninth inning of game 6 of the 1993 World Series against the Toronto Blue Jays. Despite losing the game, Williams is still a fan favorite.

Phillies Fans Still Love 'Wild Thing'

Philadelphia quickly forgave Williams after he gave up key homer

WORLD SERIES | Mitch Williams sits behind a broadcast table on the main concourse of Citizens Bank Park, eagerly talking baseball with fans who once egged his house.

Wearing a pinstriped suit, tie and designer eyeglasses explaining why the Phillies will win the World Series, Williams looks more professorial than "The Wild Thing" of his former life.

"You rock, dude," a fan screams while juggling two cups of beer.

You'd never know this was the same guy who made an entire region weep the last time the Phillies played in the World Series. The closer surrendered Joe Carter's home run that ended game 6 in 1993 and gave the Blue Jays the championship. Wil-

Late Baseball

→ The Phillies' quest to win the World Series against the Rays in game 5 ended after Express' deadline. For results and Thomas Boswell's take | **Today's Sports**

IN The Washington Post

liams received death threats and eggs were tossed at his house.

He never threw another pitch for the Phillies. But fans quickly forgave the hard-throwing lefty with the out-of-control fastball. When Williams returned to Philadelphia for the first time with the Astros in May 1994, he got a standing ovation. "They knew I never made excuses," Williams said. "If I screwed something up, I tried to go out the next night and fix it. It's the same thing with them. They don't have a great day at work every day, so they understand that." **ROB MAADDI (AP)**

Ovechkin Out to Visit III Grandfather

CAPITALS | Alex Ovechkin will miss at least one game while in Russia to spend time with his ailing grandfather.

The NHL's reigning MVP caught a flight home Monday morning and will sit out the Washington Capitals' game against the visiting Nashville Predators on

Tuesday night after appearing in 203 straight games.

The Capitals were not sure when Ovechkin would return to the team. Washington's following game is Saturday at the Buffalo Sabres.

"I'm sure we'll know more as the week goes on," Washington coach Bruce Boudreau said. **(AP)**



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Sports



The Portland Trail Blazers' 2007 No. 1 overall pick, Greg Oden, wants to be known as a productive big man in the NBA, not just a fun-loving guy who's in the public eye.

Oden Averts Hype This Time Around

**Blazers center to make
anticipated pro debut
after last year's injury**

NBA | Greg Oden isn't as concerned about living up to the hype surrounding his rookie year as he is about diffusing it.

Oden turned down two national magazines that wanted to put him on their covers. And after a dunk to open his first preseason game, he has kept a relatively low profile — well, as low a profile as a 7-footer can keep.

"Look, I'm just a rookie," the former Indiana Mr. Basketball from Lawrence North said. "I haven't done anything yet."

Expectations are high all around for the Portland Trail Blazers' upcoming season, and, understandably, much of the focus is on Oden. The Blazers took him with the No. 1 overall pick in the 2007 NBA draft, much to the elation of

fans who had seen the franchise fall on hard times.

But the excitement turned to disappointment before last season even started, when Oden had microfracture surgery on his right knee. While he rehabbed, the team kept Oden both involved and visible. He was a looming figure on the bench in street clothes during games and even went on a few road trips.

He blogged on his own, endorsing Barack Obama for president, and bonded with his new dog, Charles Barkley McLovin'. Over the summer, he went back to school and became a YouTube sensation with his all-in-good-fun attempt at karaoke.

"I'm just trying to keep my eyes on what I think I can do out there and not trying to listen to anything else coming from outside. Just trying to go at me, that I've got to work hard," Oden said. "And things are going to happen because I worked hard for it." ANNE M. PETERSON (AP)

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TODAY'S TV LINEUP

NBA (8 P.M. ON TNT AND 10:30 P.M. ON TNT) LeBron James and the Cavaliers visit Kevin Garnett and the NBA champion Celtics in the NBA's season opener. The nightcap isn't bad, either — Kobe Bryant and the Lakers take on Greg Oden and the Trail Blazers.

HOCKEY (7 P.M. ON VERSUS) For some reason, the Capitals-Predators game isn't on TV. You can get your hockey fix watching Philadelphia visit Atlanta.

COLLEGE FOOTBALL (8 P.M. ON ESPN2) Houston faces Marshall in a Conference USA game.

Sports



Maryland placekicker Obi Egekeze's 20-yard game-winning field goal against N.C. State made the Terrapins bowl-eligible and led to their first ranking since 2006.

Terps Make Push For Orange Bowl

Set for postseason play, Maryland focuses on enhancing its stature

TERPS FOOTBALL | Having already earned the right to play in the postseason, Maryland's next task is to enhance its stature among the people responsible for handing out bowl invitations.

The quest is to play in the Orange Bowl, the customary destination for the Atlantic Coast Conference champion. If the Terrapins win their final four games, they will play in the ACC title game.

"We are kind of where we want to be," coach Ralph Friedgen said after Maryland's 27-24 win over North Carolina State on Saturday. "We have our destiny in our hands. It's just what we do with it."

The Terrapins don't play again until Nov. 6, on the road against Virginia Tech. Then Maryland hosts

North Carolina and Florida State before traveling to Boston College for the regular-season finale.

None of those four opponents is perceived to be a pushover. Given Maryland's performance this season, maybe that's a good thing.

The Terrapins have beaten three ranked teams but lost to Middle Tennessee State and to Virginia.

Saturday's victory made the Terrapins (6-2, 3-1) eligible to receive a bowl bid and kept them tied for the lead in the Atlantic Division. It was also enough to push them into the national rankings at No. 25, the first time since 2006 that Maryland has been part of The Associated Press poll.

"We're happy to be bowl-eligible. It took us a long time to ... get six wins," quarterback Chris Turner said. "At the same time, we have bigger goals than to just be bowl-eligible. So, we're going to move on from that." DAVID GINSBURG (AP)

NFL Players Suspected of Doping

DOPING | Six to eight players are under investigation by the NFL for violating the league's drug policy by taking a weight-loss diuretic that is considered a masking agent for steroids.

A source familiar with the case provided the number of players

involved Monday, saying estimates of a higher figure were untrue.

New Orleans running back Deuce McAllister confirmed Sunday that he is one of the players being investigated, although he stopped short of saying he had tested positive. (AP)

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Sports

Penn State Clears The Major Hurdle

Lions now in national title picture after win over No. 13 Buckeyes

COLLEGE FOOTBALL | This was no time for Penn State's venerable coach, Joe Paterno, to be thinking about the critics.

Moments after his third-ranked Nittany Lions had turned two turnovers by Ohio State freshman quarterback Terrelle Pryor into a 13-6 victory on Saturday night, Paterno was asked whether doubters would look at the defensive struggle as another case of offensive ineptitude in the Big 10. "I can't do anything about it," the 81-year-old coaching icon said. "What do I care what they say?"

The Nittany Lions are still unbeaten (9-0, 5-0) and undeniably on a roll. On a crisp night before a Horseshoe-record crowd of 105,711, Penn State's defense came up huge and then forced the No. 13 Buckeyes' Pryor — perhaps the nation's most acclaimed recruit last year, out of



Penn State won in Columbus, Ohio, for the first time as a member of the Big 10.

Jeannette, Pa., no less — into two pivotal mistakes with the game on the line.

The Nittany Lions marked themselves as players in the national championship debate, right there with fellow unbeaten Texas and Alabama. They also ended a bothersome 0-7 record at Ohio Stadium since they joined the Big Ten in 1993. **RUSTY MILLER (AP)**

HEISMAN HOPEFULS | COLLEGE GRIDIRON GREATS



1. Texas QB **Colt McCoy** stays on top after turning in a pedestrian performance — by his high standards — against Oklahoma State. McCoy went 38-45 for 391 yards, with two touchdowns and one interception. 2. QB **Graham Harrell** of Texas Tech threw for five touchdowns on 34-42 passing and 386 yards to beat Kansas. 3. Oklahoma QB **Sam Bradford** dropped a spot after a 13-32, 255-yard performance with three TDs. 4. Florida QB **Tim Tebow**, after admitting he would vote for McCoy for the Heisman, threw for two touchdowns and ran for two more in a win over Kentucky. 5. Georgia RB **Knowshon Moreno** ran for 163 yards and a touchdown to beat LSU. (EXPRESS)



'THE ROAD' GETS LONGER: The release of the feature adaptation of Cormac McCarthy's Pulitzer Prize-winning novel, "The Road," has been moved to 2009. Viggo Mortensen will play the lead in this tale of post-apocalyptic struggle.

Entertainment



ULTERIOR MOTIVE? Some call Dr. Drew exploitative, but his goal is to prove that Hollywood is more grit than glamour.

Dr. Just Say No

Drew Pinsky exposes fame's sad underbelly on 'Celebrity Rehab'

ADDICTION | "Celebrity Rehab With Dr. Drew." Say it with me, people, because it does not get more basic than this.

Like it or not, the VH1 reality show, which entered its second season Thursday night, is a perfect

distillation of popular culture as we know it — the euphoria-inducing, inarguably addictive grit that is left behind when you boil away the multicolored distractions of the entertainment media.

"Celebrity Rehab": where the once rich and famous, by their own hands and by the power of celebrity itself, have become ruined wrecks of themselves, weeping above their untouched meals, vomiting

into trash cans and twitching in sweaty sleeplessness in bedrooms so well-appointed that they contain video cameras.

When it premiered earlier this year, many denounced "Celebrity Rehab" and its star, Dr. Drew Pinsky, as exploitative. Finding people so face-down in the celebrity gutter they would allow themselves to be filmed while detoxing — how much lower could television sink? Pinsky,

of radio's "Loveline," took a lot of hits for his own apparent addiction to the limelight, criticism that grew more serious this summer when it was revealed that three people died (two of overdoses, one of suicide) and a woman was raped at the Southern California hospital where he is co-medical director.

But Pinsky argues that addiction and recovery are parts of the celebrity narrative that are too often derided or glossed over. Recovery, he says repeatedly, is a lifelong process, and it isn't always pretty.

It certainly isn't, even with this year's surprisingly high celebrity wattage. Actor Gary Bussey might consider himself the headliner, but it's Rodney King, the protagonist of the 1992 Los Angeles riots, who made news when he agreed to join the show. Jeff Conaway is back, along with former Guns N' Roses drummer Steven Adler, whose drug and alcohol problems are so out there he was actually fired from Guns N' Roses.

Also participating are former "American Idol" contestant Nikki McKibbin, model/actress Amber Smith, and actors Sean Stewart and Tawny Kitaen.

There are many guilty-pleasure type reasons to watch "Celebrity Rehab." Bussey alone provides one — parading around like some sobriety angel (he sees no problem in his occasional pot-smoking since that wasn't his "drug of choice"), he is so utterly insane that at times you cannot believe he's real. **MARY McNAMARA**

(LOS ANGELES TIMES)



Playing virtual music is a blast — unless the song is "Yankee Doodle."

This One Is for the Children

Like a stunted 'Rock Band,' 'Wii Music' is purely tunes for tots

VIDEO GAME | Nintendo's "Wii Music" invites players to pick up their wireless remotes and strum, toot, bang and drum their way through improvisational jam sessions using more than 60 virtual instruments.

But soon after strolling into this supposed happy, feel-good musical world of personal interpretation, I found the experience felt more like a random noise session powered by excessive flailing motions.

"Wii Music" (\$50, Nintendo) is rated "E" for "Everyone," and many of the game's publicity shots show adults having a blast. But I can't see anyone older than 9 deciding to cozy up to it for an extended period of time.

The biggest problem is, well, the music.

The song selection is horrid, bouncing between childhood classics such as "Twinkle, Twinkle, Little Star" and "Yankee Doodle," and Nintendo game themes from "The Legend of Zelda" and "Super Mario Bros." And when you finally open up some more modern tunes such as "Wake Me Up Before You Go-Go," the arrangements don't do the songs justice. **DIRK LAMMERS** (AP)

Navajo Series Author Dies

'Skinwalkers' writer Tony Hillerman died Sunday at age 83

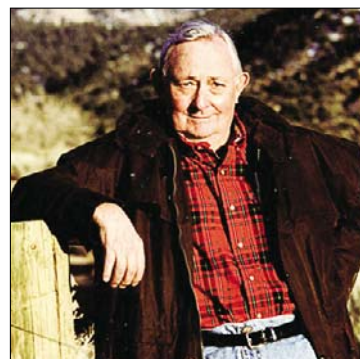
OBIT | Tony Hillerman, an Oklahoma native and author of the acclaimed Navajo Tribal Police mystery novels and creator of two of the unlikeliest of literary heroes — Navajo police officers Joe Leaphorn and Jim Chee — died Sunday of pulmonary failure. He was 83.

Hillerman's daughter, Anne Hill-

erman, said her father's health had been declining in the last couple years and that he was at Presbyterian Hospital in Albuquerque when he died at about 3 p.m.

Anne Hillerman said Sunday that her father was a born storyteller.

Hillerman's commercial breakthrough was "Skinwalkers," published in 1987 — the first time he put both characters and their divergent worldviews in the same book. It sold 430,000 hardcover



Hillerman's mystery novels focused on the lives of two Navajo police officers.

copies, paving the way for "A Thief of Time," which made several best-seller lists. In all, he wrote 18 books in the Navajo series, the most recent titled "The Shape Shifter."

"I want Americans to stop thinking of Navajos as primitive persons, to understand that they are sophisticated and complicated," Hillerman once said.

Hillerman is survived by his wife, Marie, and their six children.

AMANDA LEE MYERS (AP)

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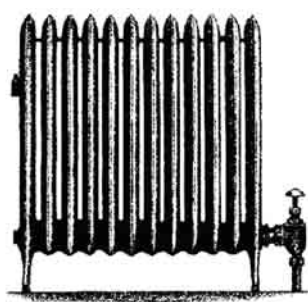
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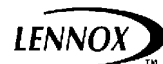
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Entertainment

An Actor Of Dorky Origins

No matter what the project, Chi McBride can play the character

DIVERSE | Chi McBride made his acting debut in the 1992 TV movie "Revenge of the Nerds III: The Next Generation" and has worked regularly ever since. So, it seems fair to ask whether that job opened the door to other opportunities.

McBride lets loose a long, deep laugh. "Yeah, they were sending me offers after 'Revenge of the Nerds III'! In fact, I changed my number and moved several times because every time I opened my door, there was some producer standing there trying to get me to do his picture!" He waits a moment before ending with a perfectly deadpan "What are



It's been a long road from "Revenge of the Nerds III" to "Pushing Daisies."

you, goofy?"

It's the kind of no-nonsense response you might expect from one of McBride's characters: honest, blunt and hilarious. He brings these qualities every week to the ABC comedy "Pushing Daisies" as Emerson Cod, a private investigator partnered with Ned (Lee Pace),

a lovesick pie-maker who can raise the dead. The show walks a fine line with its whimsical tone, but Emerson can always be counted on to avert any treacle, such as when he warns Ned, "Future Me is saying, 'I told you so,' all upside your head, but Now Me is standing here quietly."

McBride has brought his presence and gravitas to a wide variety of TV roles, such as the exasperated principal on "Boston Public" and the troubled bank manager on "The Nine." In films, he has shone in broad comedies ("Roll Bounce," "Undercover Brother") and perfected the wise and worldly mentor ("Waiting ...," "The Terminal").

But Emerson is tailor-made for a man who seems to have been destined to become an actor. And although McBride may downplay the seriousness with which he approaches his craft, no one can deny the joy in what he puts on-screen. As "Pushing Daisies" executive producer (and recent Emmy winner for directing the show's pilot) Barry Sonnenfeld puts it, "Chi is perfection."

JENELLE RILEY (BACK STAGE)

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Entertainment

Give the Gift of 'Rascals'

DVD | Today's new DVD releases include "The Little Rascals: The Complete Collection," containing all 80 episodes, completely remastered and uncut. Made from 1929 to 1938, these Hal Roach shorts aired on television for decades.

Criticized by some for reflecting racial attitudes of a bygone era, the "Rascals" shorts were among the only television shows to air during the 1950s and 1960s in which black and white characters appeared together as equals and friends. In fact, it was one of the only shows in which black characters appeared at all.



This mischievous bunch of kids kept folks of all stripes company for years.

The "Rascals" were not so much about race as class. There were rich kids and middle-class kids, but some of the characters were quite literally beggars.

Much like the "Peanuts" characters, the "Rascals" operated largely without parental supervision, and, like the kids in "A Christmas Story," they never allowed the grim Depression-era conditions to get in the way of their fun and adventures. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

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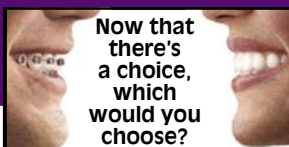
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Entertainment



YOU WISH, JENNIFER: Jennifer Love Hewitt and her fiancé, Ross McCall, told "Entertainment Tonight" that they will be dressing up as Brangelina for Halloween. "We're just gonna have lots of babies!" joked Hewitt, 29. "And I'm going to look really sultry and really drop-dead gorgeous."

Product of the Twisted Mind

Charlie Kaufman gets behind the camera for 'Synecdoche, N.Y.'

SCRIBE | Charlie Kaufman is the master of mind-blowingly complex, bizarre and thought-provoking movies. His credits include "Being John Malkovich," "Human Nature," "Confessions of a Dangerous Mind," "Adaptation" and "Eternal Sunshine of the Spotless Mind," which earned him an Academy Award in 2005.

The respected screenwriter takes his unique and fertile imagination one step further down the rabbit hole in the dreamlike — Or

is it nightmarish? — dramedy, "Synecdoche, New York," coming out Nov. 7.

Oscar winner Philip Seymour Hoffman ("Capote") stars as a middle-aged playwright at a crossroads in his life. His artist wife is leaving him because she's lost respect for his work. Alone and afflicted with a variety of illnesses, he sets off to mount a massive theater piece in New York City to show he can accomplish something important in his life.

The play becomes all-consuming. His real life and his art begin to overlap. Throughout, he is unable to connect with women because his mind is always linger-



THE DECIDER: Charlie Kaufman contemplates a shot in "Synecdoche, New York."

ing on the previous relationship. It's a cycle of missed connections, which Kaufman considers to be a very common human condition.

Because of his solid reputation in Hollywood, the first-time director was able to assemble a cast of respected actors. In addition to Hoffman, the cast includes Samantha Morton, Catherine Keener, Michelle Williams, Emily Watson, Dianne Wiest, Jennifer Jason Leigh, Hope Davis and Tom Noonan.

While Kaufman's movies are consistently surprising and outside the mainstream, he insists he doesn't go for weird for weird's sake. "If something resonates, even if it's surreal, it's because it's relatable," he says. "I need to know what emotionally is going on with a character. It's not like I say, 'That's weird; I'll put it in.'" ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)

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HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ★
(130 200 415 445) 700 730 945 1015
HIGH SCHOOL MUSICAL 3: SENIOR YEAR - DP (G) ★
(1145 230 515) 800 1045
SAW V (R) - ID REQ'D (130 145 500) 745 1030
PRIDE AND GLORY (R) - ID REQ'D (100 400) 715 1030
SECRET LIFE OF BEES (PG-13) (1245 345) 645 920
W (PG-13) (1215 330) 630 930
MAX PAYNE (PG-13) (1130 200 500) 745 1015
BODY OF LIES (R) - ID REQ'D (1230 330) 645 1000
QUARANTINE (R) - ID REQ'D (1245 315 545) 815 1035
BEVERLY HILLS CHIHUAHUA (PG) (345 PM) 630 PM
OC: BEVERLY HILLS CHIHUAHUA (PG) (100 PM) 850 PM
EAGLE EYE (PG-13) (1130 230 515) 800 1045
THE DUCHESS (PG-13) (430 PM) 930 PM
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (1200 PM 215 PM) 715 PM

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#
Adv. Tix on Sale MADAGASCAR 2: ESCAPE TO AFRICA
Adv. Tix on Sale QUANTUM OF SOLACE
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ★
(100 145 400 445) 645 730 930 1015
SAW V (R) - ID REQ'D (115 215 415 515) 715 815 1000 1045
PRIDE AND GLORY (R) - ID REQ'D (130 430) 730 1030
MAX PAYNE (PG-13) (100 430 515) 715 815 1000 1045
SECRET LIFE OF BEES (PG-13) (115 415) 700 1015
W (PG-13) (1245 345) 700 945
SEX DRIVE (R) - ID REQ'D (500 PM) 800 PM 1045 PM
BODY OF LIES (R) - ID REQ'D (145 445) 745 1030
CITY OF EMBER (PG) (1245 PM 330 PM) 630 PM
BEVERLY HILLS CHIHUAHUA (PG) (1245 PM) 630 PM
OC: BEVERLY HILLS CHIHUAHUA (PG) (330 PM) 915 PM
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (200 PM)
EAGLE EYE (PG-13) (130 400) 645 945
THE EXPRESS (PG) (215 PM)

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#
Adv. Tix on Sale MADAGASCAR 2: ESCAPE TO AFRICA
Adv. Tix on Sale QUANTUM OF SOLACE
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ★
(145 230 430 515) 715 800 945 1030
PRIDE AND GLORY (R) - ID REQ'D (130 415) 700 1000
SAW V (R) - ID REQ'D (215 500) 745 1020
W (PG-13) (145 430) 715 1010
SEX DRIVE (R) - ID REQ'D 915 PM
SECRET LIFE OF BEES (PG-13) (215 500) 745 1020
MAX PAYNE (PG-13) (200 445) 730 1030
QUARANTINE (R) - ID REQ'D (515 PM) 800 PM 1030 PM
BODY OF LIES (R) - ID REQ'D (100 345) 645 930
OC: BEVERLY HILLS CHIHUAHUA (PG) (415 PM) 930 PM
BEVERLY HILLS CHIHUAHUA (PG) (130 PM) 700 PM
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (230 PM)
EAGLE EYE (PG-13) (200 445) 730 1010
FIREPROOF (PG) (115 400) 645 945
THE DUCHESS (PG-13) (115 400) 630 900
APPALOOSA (R) - ID REQ'D (100 PM 345 PM) 630 PM

MAJESTIC STADIUM 20

900 Ellsworth Dr. Silver Spring, MD 240-393-4826
Adv. Tix on Sale MADAGASCAR 2: ESCAPE TO AFRICA
Adv. Tix on Sale QUANTUM OF SOLACE
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ★
(1145 1215 115 230 300 430 500 530) 710 740 810 945 1015 1045
SAW V (R) - ID REQ'D (1200 100 215 250 330 435 515) 600 645 730 830 900 1000 1050
PRIDE AND GLORY (R) - ID REQ'D (110 415) 715 1010
PASSENGERS (NR) (1225 245 505) 725 950
SECRET LIFE OF BEES (PG-13) (1210 240 510) 745 1020
RW & DA: THE SECRET LIFE OF BEES (PG-13) (120 350) 620 850
RW & DA: MAX PAYNE (PG-13) (1205 225 445) 705 935
MAX PAYNE (PG-13) (1250 315 545) 805 1035
W (PG-13) (130 425) 720 1025
SEX DRIVE (R) - ID REQ'D 915 PM
QUARANTINE (R) - ID REQ'D (145 400) 625 835 1040
BODY OF LIES (R) - ID REQ'D (140 440) 735 1030
CITY OF EMBER (PG) (200 PM 450 PM) 700 PM
THE EXPRESS (PG) (135 PM) 930 PM
BEVERLY HILLS CHIHUAHUA (PG) (1240 305 520) 750 1005
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (140 PM) 650 PM
EAGLE EYE (PG-13) (1220 255 535) 815 1050
THE DUCHESS (PG-13) (125 PM) 930 PM
LAKEVIEW TERRACE (PG-13) (420 PM) 655 PM

ROYALE STADIUM 14

6505 America Blvd. Hyattsville, MD 301-864-3456
Adv. Tix on Sale MADAGASCAR 2: ESCAPE TO AFRICA
Adv. Tix on Sale QUANTUM OF SOLACE
SAW V (R) - ID REQ'D (115 150 330 450 545) 730 800 945 1040
RW & DA: HIGH SCHOOL MUSICAL 3 (G) ★ (110 400) 650 940
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ★ (200 445) 720 1010
PRIDE AND GLORY (R) - ID REQ'D (125 415) 705 950
RW & DA: MAX PAYNE (PG-13) (100 350) 655 935
MAX PAYNE (PG-13) (145 425) 735 1005
W (PG-13) (105 355) 710 955
SEX DRIVE (R) - ID REQ'D (140 PM)
SECRET LIFE OF BEES (PG-13) (135 205 405 435) 700 745 930 1030
QUARANTINE (R) - ID REQ'D (420 PM) 755 PM 1035 PM
BODY OF LIES (R) - ID REQ'D (130 430) 725 1020
BEVERLY HILLS CHIHUAHUA (PG) (120 440) 750 1015
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (155 PM)
EAGLE EYE (PG-13) (455 PM) 740 PM 1025 PM

BETHESDA 10

7272 Wisconsin Avenue 800-FANDANGO 589#
Adv. Tix on Sale MADAGASCAR 2: ESCAPE TO AFRICA
Adv. Tix on Sale QUANTUM OF SOLACE
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ★
(145 230 415 500) 645 730 915 1000
PRIDE AND GLORY (R) - ID REQ'D (130 445) 745 1030
SAW V (R) - ID REQ'D (115 330 545) 800 1020
SEX DRIVE (R) - ID REQ'D 940 PM
MAX PAYNE (PG-13) (1245 305 525) 745 1005
BODY OF LIES (R) - ID REQ'D (1245 345) 715 1015
CITY OF EMBER (PG) (245 PM 500 PM) 715 PM
BEVERLY HILLS CHIHUAHUA (PG) (220 440) 700 920
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (1230 300 510) 730 940
EAGLE EYE (PG-13) (130 420) 700 1020

BOWIE STADIUM 14

15200 Major Lansdale Blvd 800-FANDANGO 454#
Adv. Tix on Sale MADAGASCAR 2: ESCAPE TO AFRICA
Adv. Tix on Sale QUANTUM OF SOLACE
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ★
(145 430) 715 1000
HIGH SCHOOL MUSICAL 3: SENIOR YEAR - DP (PG-13) (100 330) 615 900
PRIDE AND GLORY (R) - ID REQ'D (215 500) 745 1030
SAW V (R) - ID REQ'D (115 200 330 415 545) 645 800 915 1030
MAX PAYNE (PG-13) (100 215 315 430 530) 700 800 930 1030
W (PG-13) (100 400) 700 1000
SEX DRIVE (R) - ID REQ'D (445 PM)
SECRET LIFE OF BEES (PG-13) (130 230 415 515) 645 745 915 1015
QUARANTINE (R) - ID REQ'D (245 PM) 730 PM 945 PM
BODY OF LIES (R) - ID REQ'D (200 445) 730 1015
BEVERLY HILLS CHIHUAHUA (PG) (230 430) 630 900
EAGLE EYE (PG-13) (130 PM) 715 PM 945 PM
LAKEVIEW TERRACE (PG-13) (500 PM)

GALLERY PLACE STADIUM 14

701 Seventh St. NW 800-FANDANGO 1721#
Adv. Tix on Sale MADAGASCAR 2: ESCAPE TO AFRICA
Adv. Tix on Sale QUANTUM OF SOLACE
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ★
(130) 430 730 1010
SAW V (R) - ID REQ'D (1200 230) 500 745 1020
PRIDE AND GLORY (R) - ID REQ'D (100) 345 640 920
PASSENGERS (NR) (1230) 415 715 1025
W (PG-13) (1215 245) 515 755 1030
SECRET LIFE OF BEES (PG-13) (1245) 400 720 1015
MAX PAYNE (PG-13) (1240 140) 330 440 615 710 915 1000
QUARANTINE (R) - ID REQ'D (145 PM) 700 PM
BODY OF LIES (R) - ID REQ'D (1235 300) 530 810 1045
RACHEL GETTING MARRIED (R) - ID REQ'D (1255) 410 725 1035
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (1250) 350 655 940
EAGLE EYE (PG-13) (1210 PM) 440 PM 910 PM
BURN AFTER READING (R) - ID REQ'D (1155 235) 520 800 1040
THE DARK KNIGHT (PG-13) (220 PM) 650 PM
BALLSTON COMMON STADIUM 12
671 N Glebe Rd 800-FANDANGO 377#
Adv. Tix on Sale MADAGASCAR 2: ESCAPE TO AFRICA
Adv. Tix on Sale QUANTUM OF SOLACE
PASSENGERS (NR) (230 500) 730 1000
W (PG-13) (120 PM 435 PM) 740 PM
BODY OF LIES (R) - ID REQ'D (110 335 415) 640 720 945 1020
CITY OF EMBER (PG) (130 405) 630 925
THE EXPRESS (PG) (105 410) 715 1020
AMERICAN CAROL (PG-13) (250 510) 800 1015
BEVERLY HILLS CHIHUAHUA (PG) (150 430) 700 935
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (115 350) 620 900
EAGLE EYE (PG-13) (100 400) 710 1010
BURN AFTER READING (R) - ID REQ'D (135 410) 650 925
THE DARK KNIGHT (PG-13) (1250 PM 425 PM) 750 PM

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#
Adv. Tix on Sale MADAGASCAR 2: ESCAPE TO AFRICA
Adv. Tix on Sale QUANTUM OF SOLACE
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ★
(120 200 405 445) 650 730 935 1015
PRIDE AND GLORY (R) - ID REQ'D (110 415) 720 1025
PASSENGERS (NR) (130 405) 630 925
SAW V (R) - ID REQ'D (250 520) 750 1020
W (PG-13) (100 140 220 340 430 510) 620 700 740 850 930 1010
MAX PAYNE (PG-13) (150 PM 450 PM) 800 PM
QUARANTINE (R) - ID REQ'D (130 230 435 535) 710 810 945
SEX DRIVE (R) - ID REQ'D 1000 PM
BODY OF LIES (R) - ID REQ'D (135 400) 640 915
OC: BEVERLY HILLS CHIHUAHUA (PG) (1255 400) 715 1030
BEVERLY HILLS CHIHUAHUA (PG) (355 PM) 905 PM
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (125 PM) 930 PM
EAGLE EYE (PG-13) (1250 350) 640 940
LAKEVIEW TERRACE (PG-13) (115 PM 410 PM) 710 PM
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (530 PM) 820 PM

KINGSTOWNE STADIUM 16

5910 Kingstowne Towne Center 703-822-4956
Adv. Tix on Sale MADAGASCAR 2: ESCAPE TO AFRICA
Adv. Tix on Sale QUANTUM OF SOLACE
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ★
(1200 1245 235 325 515) 625 750 910 1020
RW & DA: HIGH SCHOOL MUSICAL 3 (G) ★ (150 430) 715 955
PRIDE AND GLORY (R) - ID REQ'D (1250 350) 700 1005
W (PG-13) (1215 315) 515 1025
SEX DRIVE (R) - ID REQ'D 930 PM
SECRET LIFE OF BEES (PG-13) (1235 145 310 425) 615 710 855 945
MAX PAYNE (PG-13) (205 440) 725 1000
QUARANTINE (R) - ID REQ'D (100 335) 605 845
BODY OF LIES (R) - ID REQ'D (1220 330) 740 1030
BEVERLY HILLS CHIHUAHUA (PG) (200 420) 650 915
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (255 PM) 655 PM
EAGLE EYE (PG-13) (105 355) 640 925
FIREPROOF (PG) (1240 PM 345 PM) 645 PM
THE DUCHESS (PG-13) (1210 PM) 920 PM

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#
Adv. Tix on Sale MADAGASCAR 2: ESCAPE TO AFRICA
Adv. Tix on Sale QUANTUM OF SOLACE
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ★
(1130 1210 130 210 250 410 450 530) 650 730 810 930 1010
PRIDE AND GLORY (R) - ID REQ'D (110 405) 705 1000
PASSENGERS (NR) (1205 235 505) 750 1035
SAW V (R) - ID REQ'D (1150 100 220 320 440 540) 710 800 940 1030
HIGH SCHOOL MUSICAL 3: SENIOR YEAR - DP (G) ★ (1250 330) 610 850
MAX PAYNE (PG-13) (1155 1255 230 340 500) 630 740 905 1020
W (PG-13) (1245 345) 700 955
SEX DRIVE (R) - ID REQ'D 855 PM
SECRET LIFE OF BEES (PG-13) (1135 215 455) 725 1005
QUARANTINE (R) - ID REQ'D (1140 200 435) 735 950
BODY OF LIES (R) - ID REQ'D (120 420) 720 1025
CITY OF EMBER (PG) (1230 PM 300 PM) 625 PM
OC: BEVERLY HILLS CHIHUAHUA (PG) (350 PM) 920 PM
BEVERLY HILLS CHIHUAHUA (PG) (115 PM) 635 PM
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (135 400) 655 935
EAGLE EYE (PG-13) (1235 325) 640 925
FIREPROOF (PG) (1215 310) 620 910
THE DUCHESS (PG-13) (1225 305) 605 900

FOX STADIUM 16

22875 Crawford Plz. Ashburn, VA 703-957-1035
Adv. Tix on Sale MADAGASCAR 2: ESCAPE TO AFRICA
Adv. Tix on Sale QUANTUM OF SOLACE
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ★
(115 350) 630 915
SAW V (R) - ID REQ'D (1215 100 245 330 515) 600 745 830 1010
PRIDE AND GLORY (R) - ID REQ'D (120 415) 715 1015
W (PG-13) (1220 320) 645 940
SEX DRIVE (R) - ID REQ'D (345 PM) 950 PM
MAX PAYNE (PG-13) (1230 210 300 440 550) 720 815 945
BODY OF LIES (R) - ID REQ'D (150 445) 740 1030
CITY OF EMBER (PG) (140 400) 640 900
THE EXPRESS (PG) (1240 PM) 650 PM
BEVERLY HILLS CHIHUAHUA (PG) (1145 200 430) 700 930
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (1200 230 500) 750 1020
EAGLE EYE (PG-13) (130 420) 710 1000
NIGHTS IN RODANTHE (PG-13) (110 340) 620 845
QUARANTINE (R) - ID REQ'D (1250 310 540) 800 1025

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ★
(115 235 415 510) 700 745 935 1020
HIGH SCHOOL MUSICAL 3: SENIOR YEAR - DP (G) ★ (1255 345) 625 900
SAW V (R) - ID REQ'D (100 230 400 500) 725 800 1000 1030
SECRET LIFE OF BEES (PG-13) (255 520) 750 1015
W (PG-13) (250 515) 735 955
NIGHTS IN RODANTHE (PG-13) (240 505) 740 1025
APPALOOSA (R) - ID REQ'D (105 405) 705 1005
THE DUCHESS (PG-13) (110 350) 710 945

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#
Adv. Tix on Sale MADAGASCAR 2: ESCAPE TO AFRICA
Adv. Tix on Sale QUANTUM OF SOLACE
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ★
(1115 1200 145 230 415 500) 645 730 915 1000
SAW V (R) - ID REQ'D (1145 1230 215 315 445 530) 700 745 930 1015
PRIDE AND GLORY (R) - ID REQ'D (1130 300) 630 945
HIGH SCHOOL MUSICAL 3: SENIOR YEAR - DP (G) ★ (1245 330) 600 830
MAX PAYNE (PG-13) (115 200 430 515) 715 815 940 1040
W (PG-13) (1150 245) 620 920
SEX DRIVE (R) - ID REQ'D (1220 PM)
SECRET LIFE OF BEES (PG-13) (100 345) 615 845
QUARANTINE (R) - ID REQ'D (450 PM) 750 PM 1030 PM
BODY OF LIES (R) - ID REQ'D (1215 350) 720 1010
BEVERLY HILLS CHIHUAHUA (PG) (130 400) 640 900
THE DUCHESS (PG-13) (1215 PM)
EAGLE EYE (PG-13) (310 PM) 740 PM 1020 PM

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THE IMAX EXPERIENCE

EAGLE EYE: THE IMAX EXPERIENCE (PG13)
1:45, 4:30, 7:10, 10:00

DIGITAL PRESENTATION

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ✓
1:30, 4:15, 7:00, 9:45

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ✓ 2:25, 3:20,
5:10, 6:20, 8:00, 9:05

PRIDE AND GLORY (R) ✓ 1:25, 3:40, 4:40, 6:50, 7:45, 10:10

SAW V (R) ✓ 1:50, 2:50, 3:30, 4:35, 5:30, 6:10, 7:15, 8:15, 9:00, 9:55

MAX PAYNE (PG13) 1:55, 4:20, 6:45, 9:35

SEX DRIVE (R) 7:25, 10:00

BODY OF LIES (R) 1:40, 4:55, 7:50

THE EXPRESS (PG) 5:00

QUARANTINE (R) 1:00, 4:05, 6:35, 8:55

BEVERLY HILLS CHIHUAHUA (PG) 2:30, 4:50, 7:05

NICK & NORAH'S INFINITE PLAYLIST (PG13) 1:05, 4:15, 7:00,
9:15

IGOR (PG) 1:20

LAKEVIEW TERRACE (PG13) 3:00, 5:40, 8:20

TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 4:10, 6:55,
9:30

AMC SELECT

PASSENGERS (PG13) ✓ 1:15, 4:00, 7:10, 9:40

THE SECRET LIFE OF BEES (PG13) 1:10, 4:00, 7:00, 10:05

W. (PG13) 1:35, 4:25, 7:20, 10:05

THE DUCHESS (PG13) 2:05, 8:10

APPALOOSA (R) 2:00, 4:45

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
703-998-4AMC

THE IMAX EXPERIENCE

EAGLE EYE: THE IMAX EXPERIENCE (PG13)
1:10, 4:05, 7:20, 10:20

DIGITAL PRESENTATION

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G)
12:50, 3:40

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 1:40, 2:30, 4:25,
5:15, 7:10, 8:10, 9:55

PRIDE AND GLORY (R) 1:30, 4:30, 7:30, 10:30

PRIDE AND GLORY (R) 1:30, 4:30, 7:30, 10:30

SAW V (R) 2:00, 3:20, 4:35, 5:50, 7:05, 8:15, 9:40

MAX PAYNE (PG13) 1:20, 4:10, 7:15, 9:45

SEX DRIVE (R) 10:15 PM

BODY OF LIES (R) 1:25, 4:20, 7:25, 10:25

THE EXPRESS (PG) 6:35, 9:35

QUARANTINE (R) 6:10, 8:30

BEVERLY HILLS CHIHUAHUA (PG) 12:45, 3:00, 5:25, 7:50, 10:10

NICK & NORAH'S INFINITE PLAYLIST (PG13) 1:00, 3:30, 5:45,
8:00

AMC SELECT

THE SECRET LIFE OF BEES (PG13) 1:35, 4:15, 7:00, 10:00

W. (PG13) 1:05, 3:50, 6:55, 9:50

THE DUCHESS (PG13) 12:55, 3:35

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

DIGITAL PRESENTATION

NICK & NORAH'S INFINITE PLAYLIST (PG13) 2:20,
4:40, 7:05, 9:25

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 2:30, 5:15, 8:00,
10:30

PRIDE AND GLORY (R) 1:05, 4:10, 7:15, 10:25

SAW V (R) 1:50, 4:20, 6:45, 9:15

MAX PAYNE (PG13) 3:00, 5:30, 8:05, 10:25

MAX PAYNE (PG13) 3:00, 5:30, 8:05, 10:25

BODY OF LIES (R) 1:10, 4:05, 7:00, 10:00

QUARANTINE (R) 1:40, 6:40

AMC SELECT

CHANGELING (R) 1:15, 3:15, 4:30, 6:30, 7:45, 9:45

THE SECRET LIFE OF BEES (PG13) 2:10, 4:50, 7:35, 10:20

W. (PG13) 1:25, 4:25, 7:30, 10:15

THE DUCHESS (PG13) 2:05, 4:45, 7:25

APPALOOSA (R) 4:00, 9:00

RELIGIOUS (R) 2:55, 5:25, 7:55, 10:30

BURN AFTER READING (R) 2:35, 5:00, 10:20

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

THE IMAX EXPERIENCE

EAGLE EYE: THE IMAX EXPERIENCE (PG13)
2:00, 4:50, 7:35, 10:20

DIGITAL PRESENTATION

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ✓
1:00, 3:45, 6:30, 9:15

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ✓ 1:40, 2:20,
4:25, 5:05, 7:45, 10:25

PRIDE AND GLORY (R) ✓ 1:05, 4:05, 7:05, 10:15

SAW V (R) ✓ 1:45, 2:35, 4:15, 5:10, 6:45, 7:40, 9:20, 10:10

MAX PAYNE (PG13) 2:05, 3:05, 4:40, 5:30, 7:20, 7:55, 9:50, 10:20

SEX DRIVE (R) 7:10, 9:55

BODY OF LIES (R) 1:30, 4:35, 7:30, 10:25

THE EXPRESS (PG) 1:15, 6:50

QUARANTINE (R) 2:40, 5:00, 7:25, 9:40

BEVERLY HILLS CHIHUAHUA (PG) 12:55, 3:10, 5:25, 7:55, 10:15

BEVERLY HILLS CHIHUAHUA (PG) 12:55, 3:10, 5:25, 7:55,
10:15

NICK & NORAH'S INFINITE PLAYLIST (PG13) 12:55 PM

EAGLE EYE (PG13) 1:05, 3:50, 6:35, 9:25

LAKEVIEW TERRACE (PG13) 4:10, 9:45

AMC SELECT

PASSENGERS (PG13) 1:55, 4:20, 6:55, 9:35

THE SECRET LIFE OF BEES (PG13) 1:50, 4:30, 7:15, 10:00

W. (PG13) 1:00, 3:55, 7:00, 10:05

THE DUCHESS (PG13) 4:00, 9:30

FIREPROOF (PG) 1:10, 6:40

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ✓ 2:30, 5:10, 7:50

PRIDE AND GLORY (R) ✓ 4:20, 7:30

SAW V (R) ✓ 2:50, 5:20, 7:40

MAX PAYNE (PG13) 3:00, 5:30, 8:00

SEX DRIVE (R) 7:10

QUARANTINE (R) 6:50

NIGHTS IN RODANTHE (PG13) 2:40, 4:50

GHOST TOWN (PG13) 4:10

AMC SELECT

THE SECRET LIFE OF BEES (PG13) 2:10, 4:40, 7:20

THE DUCHESS (PG13) 2:00, 4:30, 7:00

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 1:40, 4:25, 7:10,
9:55

PRIDE AND GLORY (R) 1:15, 4:15, 7:15, 10:15

SAW V (R) 12:15, 1:35, 2:35, 4:05, 5:00, 6:30, 7:30, 9:15, 10:15

MAX PAYNE (PG13) 12:05, 2:25, 4:55, 7:25, 9:45

SEX DRIVE (R) 12:30 PM

THE EXPRESS (PG) 1:30, 7:05

QUARANTINE (R) 12:20, 2:45, 5:15, 7:45, 10:10

BEVERLY HILLS CHIHUAHUA (PG) 12:10, 2:40, 5:10, 7:40, 10:00

EAGLE EYE (PG13) 1:20, 4:20, 7:20, 10:05

LAKEVIEW TERRACE (PG13) 4:30, 10:00

TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 4:35, 7:35,
10:10

AMC SELECT

THE SECRET LIFE OF BEES (PG13) 1:10, 4:10, 7:00, 9:50

W. (PG13) 12:50, 3:50, 6:50, 9:50

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

ASHES OF TIME REDUX (R) 2:00, 4:30, 7:30

AMC SELECT

WHAT JUST HAPPENED (R) 2:10, 5:00, 7:40

THE SECRET LIFE OF BEES (PG13) 2:20, 4:50, 7:20

THE DUCHESS (PG13) 1:50, 4:20, 7:00

APPALOOSA (R) 4:10

RACHEL GETTING MARRIED (R) 1:40, 4:20, 7:00

RELIGIOUS (R) 2:30, 4:45, 7:50

BURN AFTER READING (R) 1:30, 7:10

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

AMC SELECT

W. (PG13) 2:00, 5:00, 8:05

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

DIGITAL PRESENTATION

EAGLE EYE (PG13) 1:30, 4:40, 7:50, 10:35

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ✓ 1:15, 2:40,
4:05, 5:25, 7:00, 8:15, 9:45, 10:50

PRIDE AND GLORY (R) ✓ 1:20, 4:20, 7:25, 10:30

SAW V (R) ✓ 12:30, 2:15, 3:00, 4:45, 5:30, 7:15, 8:00, 9:50, 10:40

MAX PAYNE (PG13) 12:30, 2:50, 5:15, 7:45, 10:15

SEX DRIVE (R) 5:35, 8:05, 10:40

BODY OF LIES (R) 1:35, 4:50, 7:55, 10:45

CITY OF EMBER (PG) 1:00, 3:25

THE EXPRESS (PG) 1:25

QUARANTINE (R) 12:35, 2:45, 5:05, 7:35, 10:10

BEVERLY HILLS CHIHUAHUA (PG) 12:50, 3:05, 5:20, 7:40, 9:55

NICK & NORAH'S INFINITE PLAYLIST (PG13) 12:40, 2:55, 5:10,
7:20, 9:40

NIGHTS IN RODANTHE (PG13) 12:45, 3:15

AMC SELECT

THE SECRET LIFE OF BEES (PG13) 1:40, 4:35, 7:10, 10:05

W. (PG13) 1:35, 4:30, 7:30, 10:25

THE DUCHESS (PG13) 5:55, 8:25, 10:50

BURN AFTER READING (R) 4:25, 7:05, 9:35

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) ✓ 1:30, 4:15,
7:00

PRIDE AND GLORY (R) ✓ 1:20, 4:30, 7:20

SAW V (R) ✓ 3:00, 5:30, 7:50

MAX PAYNE (PG13) 3:20, 5:40, 8:00

Television



YOU'RE WELCOME, MIDDLE-AGED WOMEN: Lifetime has lined up big-name actresses for the first two of its four upcoming movie adaptations of Nora Roberts novels. Cybill Shepherd headlines "High Noon," while Faye Dunaway leads the cast of "Midnight Bayou."

Living in a Father's Paradise

Coolio and his brood are the latest family to try out reality TV

POP | Is America running out of has-beens? Our pop-culture past has been strip-mined so thoroughly that we're beginning to exhaust our supply of Pauly Shores. This brings us to "Coolio's Rules" (10 p.m., Oxygen), the latest imitation of "The Osbournes."

Coolio wasn't around to raise his four teenagers, so now he has returned to teach them about life and get on television to boot. You get the impression that while Coolio was on the road making music, his offspring were watching a lot of reality TV. This keeps them a step ahead of dear old Dad. **KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)**



TEENAGERS GALORE: Coolio, third from right, poses with his young adult children. They give him a run for his money on "Coolio's Rules," airing tonight on Oxygen.

ON TV TONIGHT

- SQUASH TALES**
Linus explains his unique take on the holidays in the 1966 special **IT'S THE GREAT PUMPKIN, CHARLIE BROWN** (8 p.m., ABC).
- CLOCK'S A-TICKIN'**
Cuddy feels maternal on **HOUSE** (8 p.m., Fox).
- LIE DETECTION**
A suspect's faulty memory must be put to the test on **THE MENTALIST** (9 p.m., CBS).
- GOOD LUCK, MR. PRESIDENT FRONTLINE** (9 p.m., PBS) offers a sobering look at the foreign-policy challenges the next president will face.
- MINI-VAMPIRES**
Mike catches leeches on **DIRTIEST JOBS** (9 p.m., Discovery).
- DINNER CONVERSATION**
"Independent Lens" (10 p.m., PBS) offers **DINNER WITH THE PRESIDENT**, a filmmaker's unique opportunity to sit down with former Pakistani president



FALL FAVORITE: Sally and Linus try to patch things up on TV screens tonight.

Pervez Musharraf over a meal and discuss the many challenges facing his nation.

DAVE'S GOT A FRIEND
Regis Philbin and James Taylor appear on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS). **KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)**

Complete Thanksgiving Turkey Dinner for \$2.05

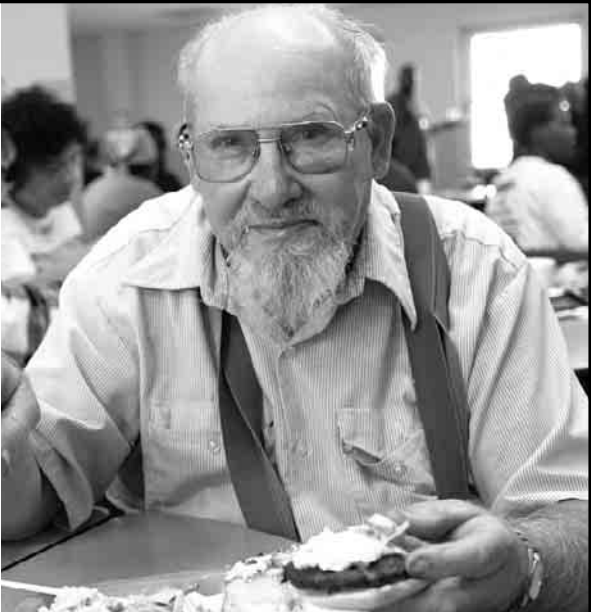
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|------------------------------------|--------------------------------------------|
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Card number _____

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MEAL TICKET

The Weepy White Guys

Snow Patrol's songs are easy to hate on, but easy on the ears

FOR MORE on Snow Patrol's "A Hundred Million Suns," visit expressnightout.com

MUSIC | Like Coldplay, Snow Patrol makes ultra-safe rock geared toward being played during emotional scenes at the end of TV dramas. Unlike Coldplay, however, Snow Patrol doesn't make me want to stab my ears with a "Make Trade Fair" symbol. Where Chris Martin uses his tuneless falsetto whenever he wants to amp up Coldplay's passion quotient, Snow Patrol frontman Garys Lightbody's soft Irish voice remains pleasantly samey at all times.

"Pleasantly samey" is also the perfect description of Snow Patrol's fifth album, "A Hundred Million Suns." The 11 songs are all anthemic



COURTESY OF GEFEN

COMFORT MUSIC: Snow Patrol knows there's something enjoyable about the familiar.

in their own way, with emotions that run the gamut from sappy to sad. Guitars are down-strummed with a sewing machine's precision, key-

boards are hit on the chords' root notes to drive home the changes, and rigid percussion is there to keep everything going in constant

forward motion.

But before stadium rock stardom beckoned, Lightbody was just an indie kid who looked to music for comfort, and Snow Patrol's mainstream breakthrough album, "Eyes Open," features the great song "Hands Open," which name-checks indie-rock songwriter Sufjan Stevens. "A Hundred Million Suns" has two songs that reference the power of music: "Disaster Button" wrestles with the demons that come with being a rock star, and on the Belfast tribute and first single, "Take Back the City," Lightbody sings, "Your broken records in words" and "It's a mess, it's a start/It's a flawed work of art," before concluding "I love this city tonight/I love this city always."

I feel the same way about Snow Patrol: The band's a flawed work of art, but I'll love it always. At least until Lightbody names his first kid Orange. **CHRISTOPHER PORTER (EXPRESS)**

thescene



JERI HEIDEN

k.d. lang brings her sumptuous vocals to Strathmore on Thursday night.

WEDNESDAY

Portugal the Man: Experimental musicians from Sarah Palin's hometown. The Rock and Roll Hotel, 1353 H St. NE; 7 p.m., \$12-\$14; 202-388-7625.

Doyle Lawson & Quicksilver: Bluegrass with hints of gospel. Wolf Trap, 1635 Trap Road, Vienna; 8 p.m., \$22; 703-255-1900.

The Floacist: Natalie Stewart, one half of the English neo soul duo Floetry. Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., \$27.50; 703-549-7500.

THURSDAY

Jackie Mason: The comedian out of New York has been at it for years. Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., \$55; 703-549-7500.

k.d. lang: This strong vocalist melds pop and old-school country. Strathmore, 5301 Tuckerman Lane, N. Bethesda; 7 p.m., \$55-\$75; 202-397-7328. (Grosvenor)

Doggie Happy Hour Halloween Party: Bring your dog in its costume. Hotel Monaco, 480 King St., Alexandria; 5-8 p.m., free; 703-549-6080.

FRIDAY

Bhangraween with DJ Rekha: The Bhangra queen is down from the big city. Black Cat, 1811 14th St. NW; 9 p.m., \$13; 202-667-7960. (U St.-Cardozo)

Coldplay: Chris Martin and the sound you know and love (or hate). Verizon Center, 601 F St. NW; 7:30 p.m., \$49.50-\$97.50; 202-397-7328. (Gallery Place)

Explore our searchable list of the area's events, venues, restaurants and movies at expressnightout.com/thescene.

topstops



He's the Real Thing

Sometimes I can't but feel sorry for the fledgling bands of today. If you start to break out, it's nearly impossible not to be compared to greats of yesterday or better known bands of today. So, I'm not going to tell you that Jay Reatard's

2 frenetic punk is reminiscent of the Ramones' music. What I am going to tell you is that his Tuesday night show at the Black Cat is one you'd better catch. It's easy to find a guy that Pitchfork or South by Southwest hails as the next big thing (check and check). One with the guts to punch a drunk and gear-wrecking idiot in the face, and yet still writes a well-composed blog entry explaining what happened, wins my respect any day. k.c.

→ **Black Cat**, 1811 14th St. NW; 9 p.m., \$10; 202-667-7960. (U St.-Cardozo)

The Annual Tour de Dupont

Once upon a time, a whole bunch of drag queens got beautified and drunk in Dupont Circle, and they decided to race down 17th Street. And thus a grand old D.C. tradition was born. Every year, the queens race the Tuesday before Halloween. And every year you mean to go and forget. Well, it's time to pick out your favorite racers based on whose 6-inch platforms you like best. Meet in front of J.R.'s (1519 17th St. NW), or thereabouts, and follow the crowd to watch the most incredible feat of balance the world has ever seen. F.Z.

→ **17th Street Drag Strip**, 17th and P streets NW; 7 p.m. free.



KEVIN CLARK/FTW

Musical Smorgasbord

The Hotel Cafe is a legend, a little community of musicians who play for each other and with each other. It's a stopping place for famous people and a place where up-and-comers can make their names. And they have a tour, so those of us who aren't blessed enough to live in Los Angeles can enjoy it. Tonight, head to the 9:30 Club to see a bill of female singer-songwriters (including acoustic popster Jenny Owen Youngs, left, and local Rachael Yamagata) who are all rising stars. It's like the concert equivalent of that Vanity Fair cover of the hottest people under 25 or something. F.Z.

→ **9:30 Club**, 815 V St. NW; 7 p.m., \$20; 202-265-0930. (U St.-Cardozo)



Compiled by Express' Kris Coronado and Fiona Zublin. Read more of their picks every day at expressnightout.com/topstops.

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For more information about this IBS study, please contact:

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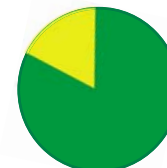
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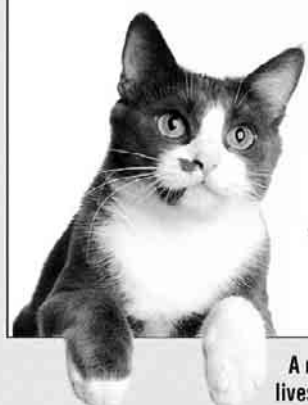
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SET FREE

Azra Bibi and her mother worked as indentured servants—slaves—in a brickyard in a Muslim country. She was repeatedly violated and forced to marry a 70-year-old Muslim man, Muhammad Akran. Muhammad Akran murdered Arza's mother and tried to force Azra to convert to Islam, but she refused to deny Christ.

"I prayed day and night asking my Jesus, 'Please send me an angel. Who can release me from this bondage?' After seven months God answered my prayers."

VOM workers met Azra, paid her debt and set her free. VOM also provided her a sewing machine and training so she could support herself in the future.

Your gifts will help VOM assist persecuted Christians like Azra Bibi in more than 40 countries.



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www.persecution.com/campaign

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Now is the time to **ACT**. To learn more, go to alz.org.

alzheimer's
association

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CFC #30709 • United Way #8406



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CFC #33317



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Support our research, information and advocacy efforts to change the future of diabetes

Choose CFC Code #11235

1-800-DIABETES diabetes.org



Friends of Homeless Animals (FOHA), a non-profit no-kill facility located in Loudoun County, has been serving the Washington metro area since 1972.

**Donate to FOHA thru CFC # 83554
To Adopt, Foster, Donate or Volunteer
Please see our website www.FOHA.org
or call (703) 385-0224**



The homeless pets pictured here and hundreds of others need your help. FOHA provides shelter, food, medical care and compassion to homeless dogs and cats while we search for permanent loving homes. Your donations, in amounts small or large, are desperately needed to help FOHA save and care for the many dogs and cats that are without homes due to the economic downturn.



Please help save them!

**Please donate through CFC or send your tax deductible donations to:
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**Support FOHA by visiting our upscale resale shop –
The Treasure Hound,
101 West Federal Street, Middleburg, VA.**



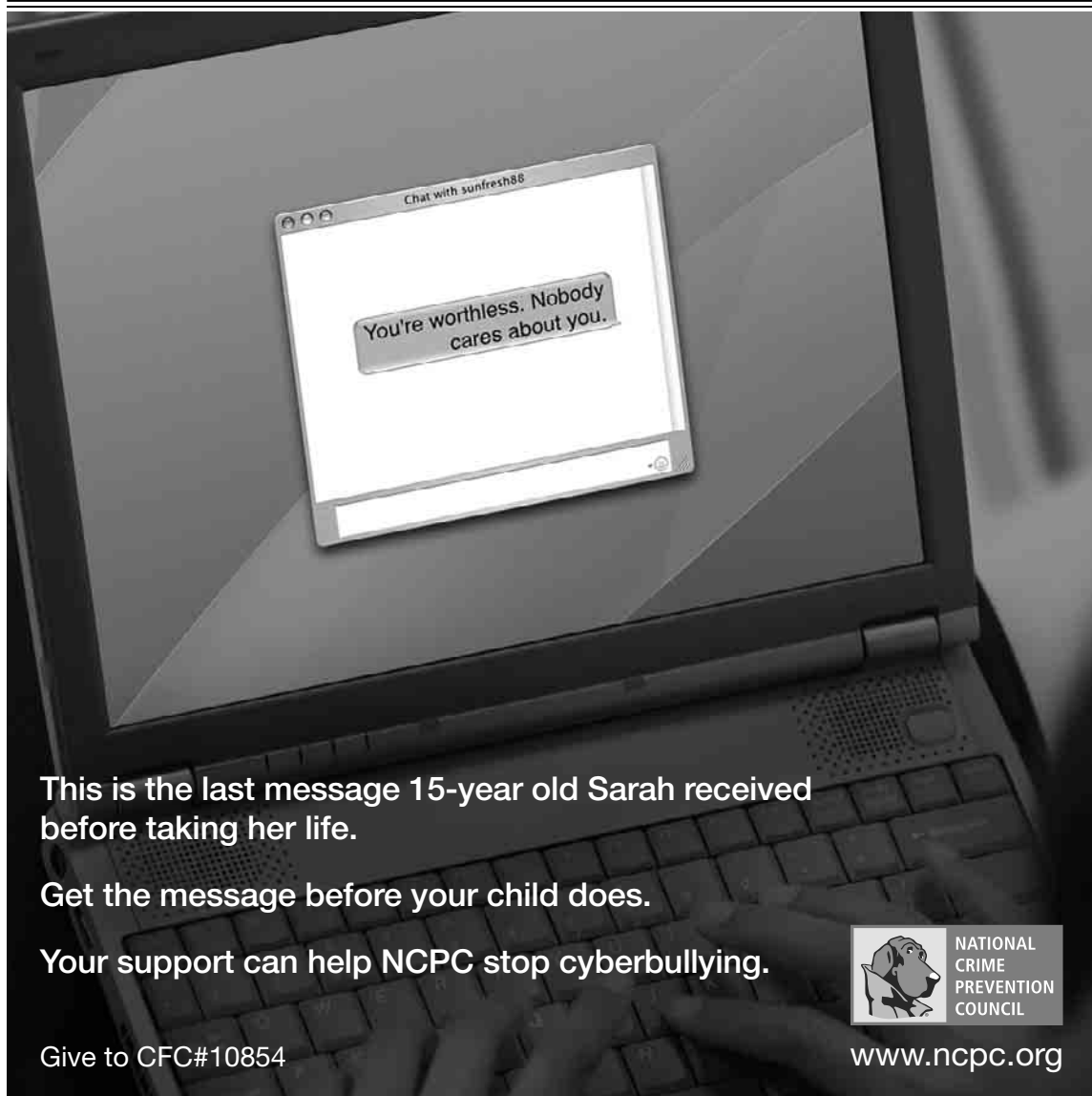
Spare some change for a homeless animal?

The Washington Animal Rescue League works to promote the welfare of companion animals and support the people who love them through animal rescue, rehabilitation, adoption, and affordable veterinary care.



The Washington ANIMAL RESCUE LEAGUE

71 Oglethorpe Street, NW, Washington, DC 20011
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www.ncpc.org

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www.dcvote.org CFC #66340

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We are the only veterans service organization exclusively dedicated to helping blind and visually impaired veterans rebuild their lives.

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**CFC
10513**

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Matt. 25:35



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JOBS

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Activism

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JOBS

Couriers

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For more information, visit us online at: www.fedex.com/careers. EOE



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JOBS

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Healthcare



Community Health Center and Department of Corrections Full-time Career Opportunities

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- **Dentist**
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- **HIV - Nurse Case Manager**
- **License Practical Nurse (LPN)**
- **Regulatory Affairs Nurse**
- **Nurse Manager**
- **Assistant Director of Social Services**
- **Radiologic Technician**
- **Access Control Staff**
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- **Asst WIC Coordinator**
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EOE, M/F, D/V

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Visit www.mnccppc.org/jobs/ for additional information and to apply on-line.

EOE/AA/M/F/D/ Employer

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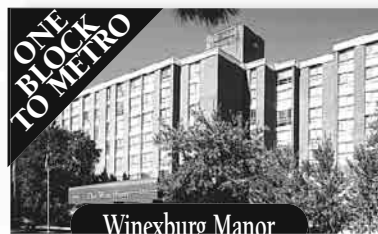
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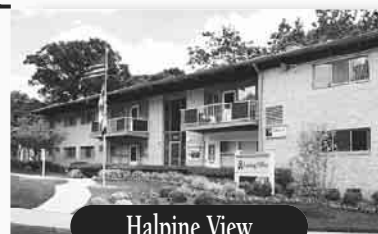
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*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Food

Restaurants and bars use the election as inspiration for menus

A man walks into a cafe, proclaims his support for John McCain, then, inexplicably, orders a gingerbread man frosted to resemble Barack Obama.

"I don't need a bag," he tells owner Max Gabriello, then bites the head off the cookie and throws the rest in the trash. "That's what I think of Obama."

At a time when the negative tone of the presidential race is enough to turn anyone's stomach, Gabriello and other like-minded bakers, chefs and bartenders hope voters save some room for food and drinks resembling, named for or inspired by the candidates.

"It's such a serious campaign; I thought it would be fun to do something a bit lighter, show some humor," says Gabriello, owner of Perfecto's Caffe in Andover, Mass.

“It's such a serious campaign; I thought it would be fun to do something a bit lighter.”

MAX GABRIELLO, CAFE OWNER

In fact, those who want to express their gut reactions to the candidates can do so from morning to night, breakfast through dessert. Here's a sampling of the political smorgasbord:

BREAKFAST

The Silver Diner's 15 locations in Maryland, New Jersey and Virginia are dishing up omelets in honor of the candidates. "The Obamalette,"

inspired by Chicago's deep-dish pizza, features mozzarella, basil, tomato, onions and Italian sausage. "The McCainlette" pays homage to the Arizona senator's favorite way to cook — barbecuing — with honey barbecue chicken, cilantro, peppers, onions and Jack cheese.

So far, Obama is outselling by a margin of more than 2-1, says co-founder Ype Von Hengst, though many customers prefer the flavors of the McCain omelet.

SNACKS

Laini Fondiller, who once named a cheese "Gone-zales" after embattled former attorney general Alberto Gonzales, swears she's not trying to send the message that Obama stinks

with her washed-rind, cow's milk cheese called "Barick Obama."

In fact, she's long been a fan of the Illinois senator, and when she came across some brick-shaped molds, she was inspired to craft a cheese in his honor. (Barick is how a southern Indiana native pronounces brick, Fondiller explains.)

Joining "Barick Obama" on shelves this winter will be another cheese, "Pale in Comparison." Both will be available from November through March in New York, Maine, Massachusetts and New Hampshire — where Obama sampled some last winter.

LUNCH/DINNER

In vice presidential candidate Sarah Palin's home state, the Lion's Den in Anchorage has created the McPalin Grilled Pig Sandwich, born out of the controversy that erupted when Obama said, "You can put lipstick on a pig; it's still a pig."

The sandwich — grilled pork tenderloin with caramelized apples, red onions, cheddar cheese and

INSIDE

Keanu Reeves heads to L.A. court | 46



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Discussions: Metro's new bag searches | 44



GO WITH YOUR GUT: Cookies feature presidential candidates Barack Obama and John McCain, and elephants and donkeys.

Electable Edibles



Max Gabriello of Perfecto's Caffe in Andover, Mass., shows off political cookies.

bacon — is garnished with a side of lipstick and fries.

Elsewhere, burgers appear to be the most popular main-dish fare.

At Good Stuff Eatery in Washington, there's a McCain burger with roasted red pepper salsa, Jack cheese and chipotle mayonnaise, and an Obama burger with bacon, blue cheese, onion marmalade and horseradish mayonnaise.

BEER & COCKTAILS

Candidate cocktails inspire some of the most cringe-worthy puns.

At Foley's NY Pub & Restaurant, there's the "Al Obama Slammer," the "McCain Margarita," the "Biden Seek," and "Sarah's Sloe Gin Fizz." In the Seattle area, McCormick & Schmick's Seafood Restaurants offer "Love on the Ba-racks" and the "McCain Maverick-tini."

Half Moon Bay Brewing Company in Princeton-by-the-Sea, Calif., is pitting Obama against McCain in its "Alelection '08" promotion.

"We thought what better way to celebrate the diversity of ideas and uniqueness of the American process that happens every four years than with something even our Founding Fathers enjoyed, beer and ale?" says marketing director Wayne Meyer.

HOLLY RAMER (AP)

LOOK out Online

express
nightout

>> EXPRESSNIGHTOUT.COM

MUSIC

The Wild Child

Rocker Jay Reatard puts up a tough front. His stage name is non-PC, he's drenched in blood on a CD cover, and there's YouTube footage of him punching a rabble rouser. But Meg Zamula suffered no smacks when speaking to the Matador Records artist, who plays at the Black Cat on Tuesday. | COMING UP



FILM

Fear & Loving

The documentary "The Gonzo Tapes: The Life and Work of Dr. Hunter S. Thompson" arrives on DVD on Tuesday. Roxana Hadadi has compiled five of the best ways Thompson has been remembered by pop culture — and, yes, she made sure to put Johnny Depp on the list. | COMING UP

CD REVIEW

No-Funhouse

In the realm of anti-Britneys, Pink is pretty much the queen. The take-no-crap singer has solidly transitioned into the pop world with an almost punk-like attitude. But Roxana Hadadi says there are no similar antics on her new post-divorce CD, "Funhouse." | COMING UP



poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

DO YOU THINK POLLS SHOWING BARACK OBAMA FAR AHEAD OF JOHN MCCAIN ARE ACCURATE?

YES 51%

NO 49%



"Polls don't mean anything. They are used to stir up the populace into believing they are or are not making a difference. Have we not learned from the last two elections that [our] system is broken and we truly have no power?"

COMMENTER TRUPATRIOT, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "DO YOU THINK POLLS SHOWING BARACK OBAMA FAR AHEAD OF JOHN MCCAIN ARE ACCU-

I think Obama

will poll far better than he'll do. Not because of the Bradley Effect, but because of peer pressure. Being an Obamaniac is the cool thing to do."

COMMENTER POLECAT, WHO ADDED, "ONCE PEOPLE GET BEHIND THE CURTAIN, THEY'RE [GOING TO] VOTE HOW THEY REALLY FEEL."

No, Obama

may have a slight lead in some battleground states, but it's nowhere near what the Gallup national tracking poll numbers suggest."

COMMENTER PHILIMUS, WHO ADDED, "OBAMA WILL NEED EVERY VOTE HE CAN POSSIBLY GET JUST TO WIN BY A NARROW MARGIN."

SEE HOW YOUR METRO STATION VOTED AT EXPRESSNIGHTOUT.COM/POLLCENTER

Blog LOG

"I understand the purpose and cause, but I know for SURE I will be pissed when/if I am ever subject to a random search."

WTFMETRO.COM HAS QUESTIONS ABOUT METRO'S NEW PLAN TO CONDUCT RANDOM BAG SEARCHES THROUGHOUT THE SYSTEM IN AN EFFORT TO THWART TERRORISM.



"Yes, I went to see 'High School Musical 3: Senior Year' on opening night, and I'm not apologizing for it either. The movie was really good."

COLLEGEGRADREALWORLD.NET HAS NO SHAME ABOUT BUYING A TICKET TO THE DISNEY FRANCHISE'S THIRD MOVIE, ADDING, "IT WAS CANDY IN A MOVIE FORMAT."

"While I was once bitterly resentful about my parents' decision to shortchange me on a middle name, I have to admit that I now understand. When it came time to select names for my own children, I was struck by how superfluous a second name seems."

THEBIGPIECEOFCAKE.COM, ADDING, "WHAT IS THE POINT OF IT ANYWAY? IS IT A SPARE IN CASE YOU LOSE YOUR FIRST ONE?"

"IN A WEEK AND A HALF, something monumentally exciting will happen. Yes, that's right, on Nov. 4, the newest 'Futurama' straight-to-DVD will arrive: 'Bender's Game.'"

MALNURTUREDSNAY.NET IS LOOKING FORWARD TO THE NEW ANIMATED MOVIE AS MUCH AS HE IS TO ELECTION DAY.

Discussions

Metro Bag Search

DR. GRIDLOCK was online Monday to address the new Metro bag search policy in an effort to deter possible terrorist attacks.

How does the New York transit random search work?

Metro says the N.Y.C. program is very similar to the one that Metro launched Monday: random searches outside the entrances of some stations at no set times. People can refuse to submit to a search, but if they do so, they won't be allowed into the transit system.

Random bag searches? Come on. Does Metro really think this is going to do anything? It's not going to make me feel the least bit safer.

It will annoy the heck out of me if I get stopped after working all night long.

I've been riding Metro for 20 years and never had a reason to reconsider it until now. I'm not afraid to ride the trains. I'm afraid of giving up the rights that hundreds of thousands of Americans did die to protect over the past couple hundred years. Since the transit authority and its board chose not to discuss this with the public before implementing its random search policy Tuesday, it's difficult for me to offer you a clear statement of why they think you should give up your right to be secure in your property for a \$1.65 train ride.

If Metro finds my brown bag lunch in my backpack on the way to work, am I going to jail?

It's illegal to eat food on Metro, but you can carry it. If police do find

anything illegal during the search, they can arrest you. To me — and I'm not a lawyer or a constitutional scholar — this is about the same as a police officer's pulling over your car on a highway, telling you to get out and searching your car.

Maybe Metro is trying to reduce crowding on trains. This certainly will drive a large group of people back into their cars.

I'd like to think that people would rebel against this policy, which will reduce travelers' rights for no apparent gain in security. But I doubt that we'll see a serious decline in ridership. For many people, the main question will be whether these searches will delay their ride.

TODAY ON DISCUSSIONS: Author Ken Follett discusses "World Without End," his latest best-selling novel, which is now available in paperback, at noon. | washingtonpost.com/discussions.

Bizarro | Dan Piraro

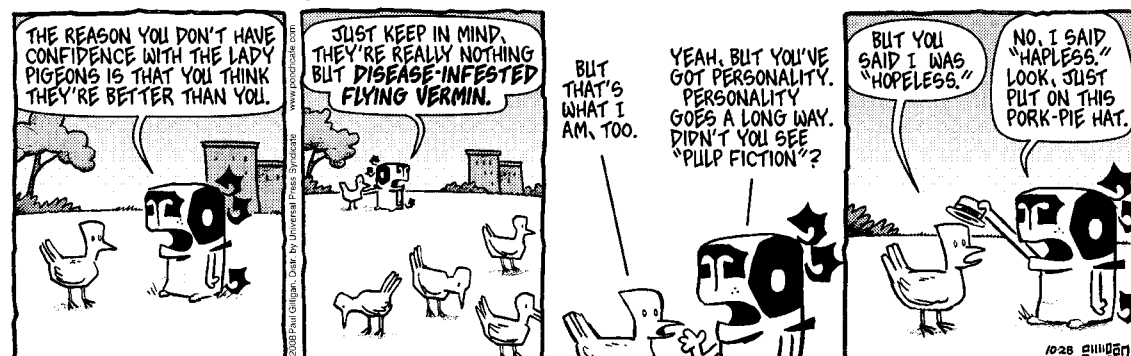


Cornered | Mike Baldwin

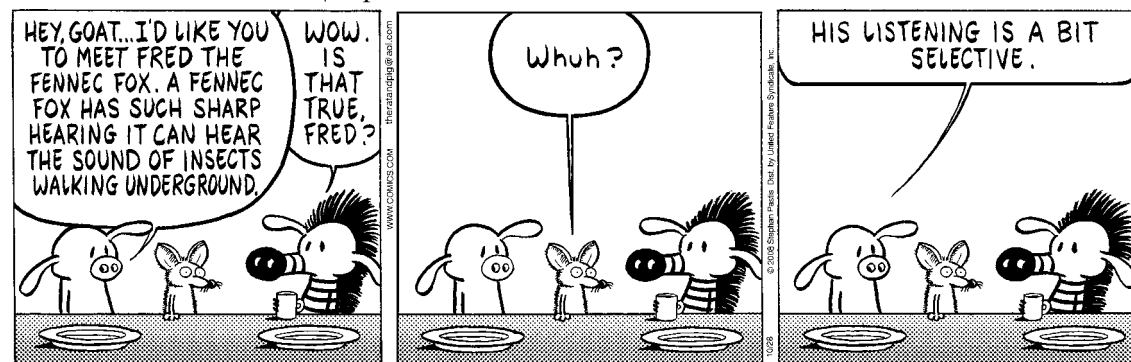


"It's called playing. Provides one with a sense of accomplishment - without actually accomplishing anything."

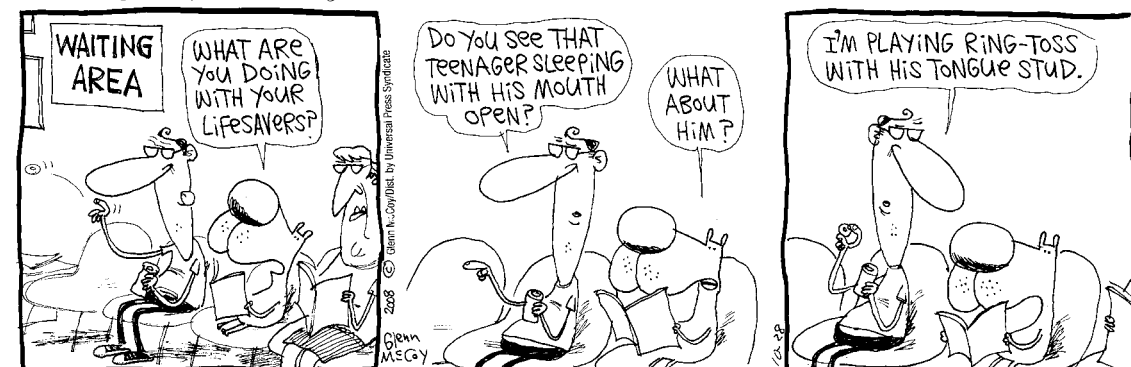
Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



Horoscope

By Stella Wilder

SCORPIO (Oct. 23-Nov. 21) Perspective is everything at this time, and it's a good day to adjust yours accordingly. You want to see things in a positive light.

SAGITTARIUS (Nov. 22-Dec. 21) You should be able to reach a compromise of sorts, even when you are dealing with someone who is known for his or her stubbornness.

CAPRICORN (Dec. 22-Jan. 19) You'll find something extra waiting for you in a place that usually provides nothing more than routine rewards. Things are looking up.

AQUARIUS (Jan. 20-Feb. 18) Someone near and dear to you may have cause to leave you behind for a time—but there is no fear of a permanent rift developing.

PISCES (Feb. 19-March 20) Be aware of office secrets; you may discover that you're playing a starring role in the rumor mill—very much against your will.

ARIES (March 21-April 19) Don't reveal so much of yourself that there's nothing left. You know full well that some things must be kept secret.

ing left. You know full well that some things must be kept secret.

TAURUS (April 20-May 20) You may feel somewhat uneasy as the day opens, but this is only because you're going to be doing a great deal of inner development—starting now.

GEMINI (May 21-June 20) There is much that is positive in your life right now, so why are you so consumed with the few things that are not going as planned?

CANCER (June 21-July 22) You have faith in your own abilities, and it's time that you show others that you have faith in theirs as well. Work together in a positive way.

LEO (July 23-Aug. 22) Financial matters demand some attention, but don't make the mistake of thinking that everything at this time is about money.

VIRGO (Aug. 23-Sept. 22) A new business deal is in the making, but things may be going slower than expected. Don't urge things on too quickly.

LIBRA (Sept. 23-Oct. 22) Put yourself in someone else's shoes, and you'll realize that things are actually going much better for you than you thought.

Letters

Atheists, Christians Biased

SARAH HIPPOLITUS ("Let Atheists Speak, Too," Oct. 27) is correct that atheists should be allowed to speak their minds. However, she (just like Christians) shows a bias when she says atheists suffer more from Christian

claims of hell. This is true only if atheists are right. If Christians are correct and hell is the penalty for sin but God has provided an escape by allowing his son to pay the penalty, the Christian causing suffering (of the eternal variety) is the one who fails to warn those who have not yet responded to God's offer of mercy and grace.

—JOHN LATHAM
Stafford, Va.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1858 Rowland Hussey Macy opens his first New York store at Sixth Avenue and 14th Street in Manhattan.

1886 The Statue of Liberty, a gift from the people of France, is dedicated in New York Harbor by President Cleveland.

1919 Congress enacts the Volstead Act, which provided for enforcement of Prohibition, over President Wilson's veto.

1962 Soviet leader Nikita Khrushchev informs the United States that he has ordered the dis-



Macy's opened on this day in 1858.

mantling of missile bases in Cuba.

2007 The Boston Red Sox sweep to their second World Series title in four years with a 4-3 win over the Colorado Rockies in game 4.

LOOK out

People



NOEL VASQUEZ/GETTY IMAGES

Appendicitis will slow, not stop Hough.

HOSPITALIZED

Confirmed: Leachman's Ship Has Finally Come In

JULIANNE HOUGH is set to have her appendix removed Tuesday. E! News reported that she could return to "Dancing With the Stars" as early as next week. On her Web site, the two-time "DWTS" champ confirms the pending procedure. (AP)

FIREARMS

Rapper to Bear, Bury Arms In Peace Documentary



Former United Nations ambassador Andrew Young is taking aim at gun violence in the U.S. through a new TV documentary that focuses on the rapper **T.I.** — a man making amends for federal firearms offenses. (AP)



AP/JAMAST

IN COURT

Justice Reloaded

KEANU REEVES is venturing into a different kind of alternate universe: a Los Angeles courtroom. The civil trial of a paparazzo suing the actor got under way Monday with attorneys wrangling over last-minute issues before jury selection began. Alison Silva is suing Reeves over a March 2007 accident in which he fell while photographing the star behind the wheel of his Porsche. (AP)

MARQUEE Osmonds Are Newest Addition To Las Vegas Wax Museum

Brother-and-sister entertainers **DONNY AND MARIE OSMOND** are extending their variety show at the Flamingo Las Vegas for two years. The hotel made the announcement Monday. Flamingo President Don



Still so clean you can pay to hear them squeak.

Marrandino cited the success of the Osmonds' 90-minute greatest-hits multimedia show, which opened Sept. 9. They will continue to appear at the Flamingo through October 2010. Financial terms weren't disclosed. (AP)

CASTING

3-D Scan Carbon-Dates Star

Cleopatra is coming back to the silver screen — but this time as a 3-D rock musical. Director Steven Soderbergh is wooing British beauty **CATHERINE ZETA-JONES** for the role of the Egyptian queen and Australian star Hugh Jackman as her lover,



Marc Antony, according to Variety and the Hollywood Reporter. "Cleo," expected to work with a budget of about \$30 million, will be seeking financing deals. (AP)

REMEMBERED

Motown Great Honors Same

American music icons joined hundreds of other mourners at a Detroit church to remember late Four Tops lead singer **LEVI STUBBS**. Martha Reeves, a Detroit city councilwoman and former lead singer of Martha and the Vandellas, called Stubbs "my Pavarotti." Stubbs died on Oct. 17 in his Detroit home. (AP)

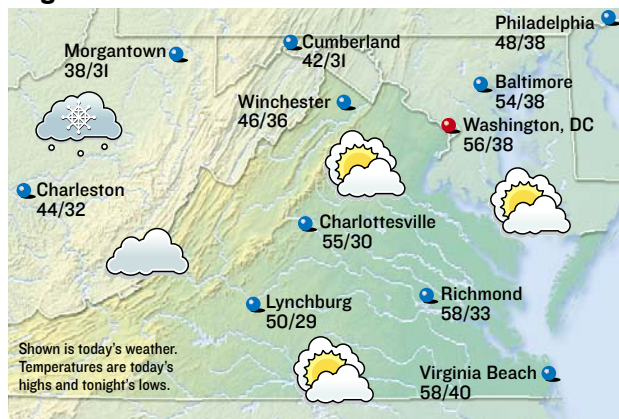


Stubbs, second from left, with Tops.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
56°	38°	53° / 39°	59° / 43°	66° / 48°	65° / 42°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	52°
Low	41°
Normal high	64°
Normal low	46°
Average humidity	65%

Precipitation

24 hours ending 4 p.m.	0.03"
Month to date	0.91"
Normal month to date	2.82"
Year to date	40.87"
Last year to date	28.19"
Normal year to date	32.98"

For up-to-the-minute weather, see: washingtontimes.com/weather

Regional Forecast

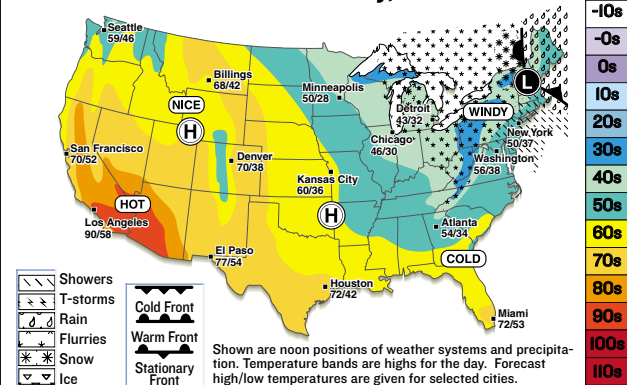
D.C. Metro: Today, partly sunny, windy, cooler. High 56. Wind northwest 15-25 mph. Tonight, mostly cloudy. Low 38. Wind west 10-20 mph.

Sun and Moon

Sunrise today	7:31 a.m.
Sunset tonight	6:12 p.m.
Moonrise today	7:16 a.m.
Moonset today	5:41 p.m.



National Weather for Tuesday, October 28



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	54/34/s	60/40/s
Boston	52/38/r	50/36/pc
Chicago	46/30/pc	55/39/s
Dallas	65/47/s	75/55/s
Denver	70/38/s	75/40/s
Honolulu	86/75/pc	85/71/pc
Los Angeles	90/58/pc	90/58/pc
Miami	72/53/s	73/61/pc
New York City	50/37/r	50/41/pc
Orlando	66/47/s	68/46/s
Seattle	59/46/pc	58/46/pc

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	47/36/sh	47/34/c
Athens	72/59/s	69/62/c
Berlin	46/36/c	43/34/c
Buenos Aires	79/59/pc	72/54/pc
Calgary	70/39/pc	60/32/pc
Dublin	46/37/sh	48/39/r
Geneva	49/40/r	42/36/r
Moscow	50/39/pc	48/39/c
Rome	72/61/r	73/57/r
Sydney	84/63/pc	73/61/sh
Tokyo	68/59/pc	68/55/r

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

LOOK out

CROSSWORD | IT'S NOT UNUSUAL

ACROSS

1 Cartel city of South America
5 Back biter?
10 Soon, to a poet
14 Laid up, so to speak
15 Gray-brown
16 Sheltered spot
17 87 octane
19 "Jurassic Park" terror

20 Act of Contrition reciter

21 Flat-bottomed boat

23 "I pity the fool" speaker

24 Request to a barkeep

26 "Any Woman's Blues" author Jong

28 Noted shootout site

32 Fishes, in a way

35 Word heard in a herd

36 Vertical graph component

38 "Gulliver's Travels" brute

39 Second Amendment concern

41 Seed covering

43 Lobster serving

44 Veronica of "Hill Street Blues"

46 Narrow furrow

48 Bit of financial planning, for short

49 Cold-weather jacket

51 Wand waver

53 Water nymph

55 Collins of Genesis

56 Bowl-like line

58 Was attractive?

60 Ultimate solution

64 Use one's peepers

66 Man in the street

68 Chip's partner

69 Ran out of steam

70 Stash some cash

71 Barney's boss

72 Bob's vehicles?

73 Kirk's journey

DOWN

1 Singer Irene

2 Incite criminal activity

3 Theme park company

4 "Beats me!"

5 Notable Biblical landfall

6 Blade for propulsion

7 Drags along

8 Swiftly, to Shakespeare

9 Saint-Tropez, e.g.

10 Fake it

11 Shampoo label designation

12 "Reply completed," to a ham operator

13 On deck

18 Apprehensive

22 Strong and sinewy

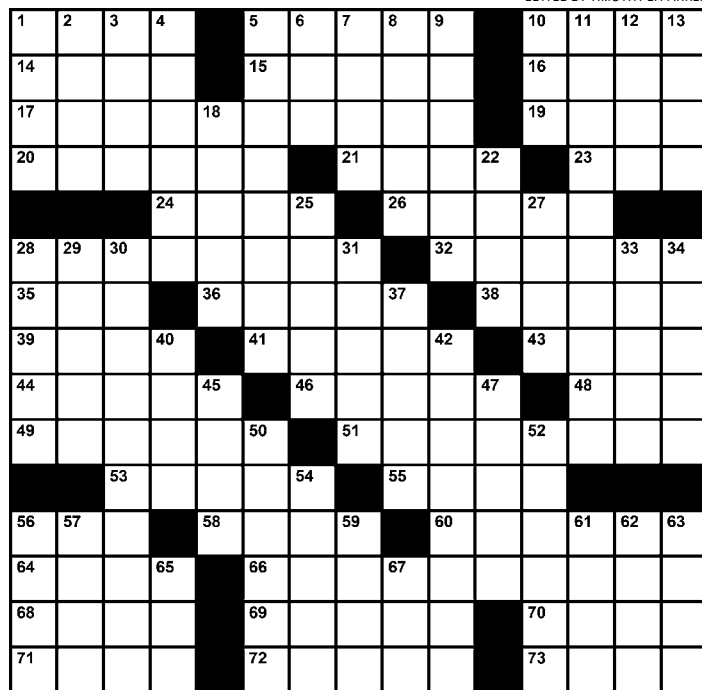
25 One of two certainties in life

27 Where to find a collection of minks?

28 Boys Town is a suburb of it

29 Book with 114 chapters (Var.)

30 There's no cure for it



EDITED BY TIMOTHY E. PARKER

31 What Santa's mail consists of

33 France's longest river

34 Astronomical kind of flare

37 Razor sharpener

40 They're delivered in shots

42 Space cadets

45 Placed (with "down")

47 Getting 100 on

50 Gold measures

52 Firstborn sibling

54 Daniel Webster's

foe in a Benet tale

56 Sitcom legend

57 Horse hue

59 Are in the past?

61 Shy of being shut

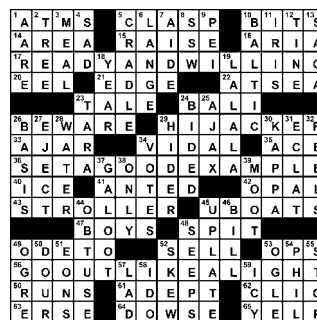
62 Serenader's sentiment

63 Large, edible bulb

65 Very important

67 Fancy carpet color?

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

3	4	5	6	8	7	1	2	9
8	7	9	1	3	2	4	6	5
1	2	6	9	4	5	3	8	7
4	9	8	2	1	6	7	5	3
6	1	2	7	5	3	9	4	8
5	3	7	4	9	8	6	1	2
7	6	3	5	2	1	8	9	4
2	8	4	3	6	9	5	7	1
9	5	1	8	7	4	2	3	6

7		4						9
		8	5					
	1			8				6
9	3	1	7					
			4	6	1			
					3	1	8	7
	6			9			1	
					2	4		
	5					9		8

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**better late
than never**

NO TIME OR ENERGY FOR A
WORKOUT DURING THE DAY?
THEN EXERCISE AT NIGHT **E4**

BaggageCheck

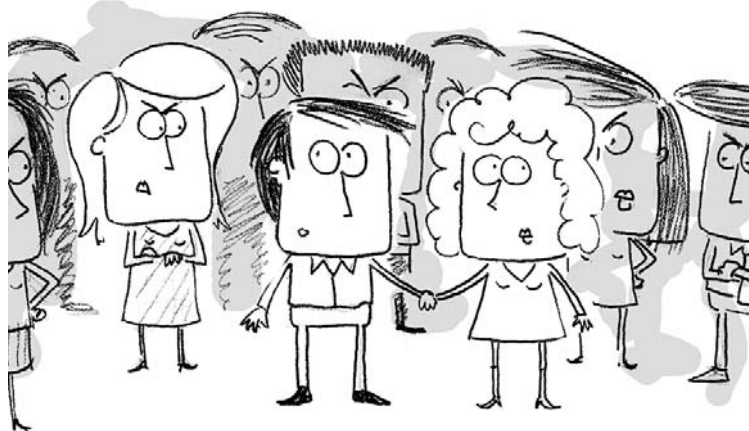
GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



A Gal Nobody Likes — Except Her Boyfriend

Q My friend is dating a girl completely wrong for him. While I can get along OK with her, it's truly not a good situation. My boyfriend and our mutual friends agreed they weren't the best pairing, but I feared we were being too harsh. Then I talked with some of his former co-workers at a happy hour, and they all think they're a horrible pair, too! She's completely manipulative, jealous and takes advantage of his being a nice guy and inexperienced. And they are living together. I try to accept that he's going to be with her. But she's so jealous of anyone making any connection with him, and she makes me feel like I am trying to seduce him, even though I have a boyfriend. — BITING MY TONGUE

You say that you can get along with her OK and that you feared you were being too harsh. But then after



"Well, this is a little uncomfortable."

ERIC REECE

a focus group of your friend's former co-workers — where alcohol was flowing freely — she has now become completely horrible. No doubt, there's cause for concern, and it's quite likely that your friend is in the relationship equivalent of a rapidly molding tub of sour cream.

But there also seems to be a bit of a mob mentality here, and you might be getting more worked up than need be. Your friend's a grown man. The best you can do is contin-

ue to support him as an individual, and be, with your boyfriend, a good role model about what relationships should look like.

If a good time presents itself, you can gently and privately convey your concerns. But don't make him feel like his bad judgment is the talk of the town, which would only put him on the defensive. Be patient, be discreet, and be understanding — in time, he may very well need you to lean on.

Friends With Benefits Can Be Detrimental

Q I have been "with" a guy in an on-and-off, sort of "friends with benefits" situation for two years. Lately, I've realized that I am not interested in meeting other people. He recently told me that he is interviewing for jobs several states away and I really, really don't want him to go. But I don't want to admit this to myself, and I most certainly don't want to admit this to him. In fact, I think he might even be with other women on the side. — I SECRETLY CARE, D.C.

It seems to me you're tying your hands. You don't want to tell him you care, or tell yourself that you care, or perhaps even care at all.

But here's the rub — you do, and fighting it won't help. Moreover, unless you admit your feelings — I'm not talking about hiring a skywriter, but giving him an extra nudge that leaves the ball in his court — there's no way you can know how he feels either.

Why go into something more

blind and less in control than you need to be? Yes, there's the risk of getting hurt. But what would you call the feeling of regret, incompleteness, and beleaguering what-ifs if you don't say anything?



Many people would say that that can be much worse. So, show

Admit your feelings — I'm not talking about hiring a skywriter, but giving him an extra nudge.

a bit of extra affection, give him a glimmer of how much you've been thinking about him and how much you would miss him if he left. Then hold your breath and see what happens. Even if it's the worst — nothing — you can then be proactive in cutting your losses and protecting yourself from getting any more entwined.




Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

For more information please visit: www.tm.org
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American Journal of Hypertension, January, 2005
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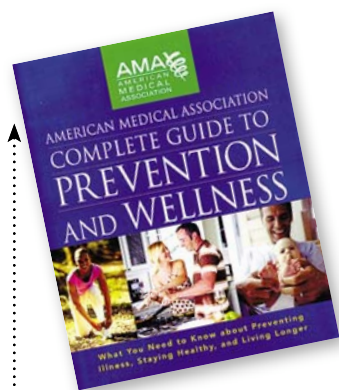
The National Alliance on Mental Illness, Washington, DC – NAMI DC – has free classes starting.

Family to Family – a 12-week educational course for the family members and significant others of individuals with mental illness.

Peer to Peer (BRIDGES Program) – a self-help group that provides education and support to persons with mental illness.

For more information, please contact the NAMI DC office at 202-546-0646 or visit www.namidc.org.

 **NAMI DC**
National Alliance on Mental Illness



GUINEA PIG



Rescue Dawn

■ You practically have to look at the label of Dawn Plus Hand Renewal (\$2.99, grocery stores) through a magnifying glass to hunt down the words “dish-washing liquid.” Rather, the bottle broadcasts this message: “Improves the look and feel of hands in 5 uses.” So, we gave our dishwasher the weekend off to find out whether we could improve our skin while scrubbing pans.

Use 1: Hands were a tad drier than normal due to the moisture-sucking arrival of winter. Squirted some of the “Pomegranate Splash With Vitamin E” on a sponge and attacked a plate caked with tomato sauce. Cleaned red spots easily, but hands seemed the same except for the scent of pomegranate.

Uses 2-5: Similar findings. The soapy stuff was undeniably effective (and very bubbly!) on dishes, but hands didn’t transform after use, except, of course, for the pomegranate smell.

Perhaps the fact our fingers didn’t flake off is good news, but we’ll stick with moisturizer. VICKY HALLETT (EXPRESS)



KNOW-IT-ALL

The American Medical Association’s “Complete Guide to Prevention and Wellness” (\$35, Wiley) isn’t lying about the “complete” part. Its pages cover strength exercises, how to avoid infections when swimming (don’t swallow the water), where the term “crack” comes from and how to use a condom correctly.



RING MY BELLY

Say good morning to GoodBelly, a drink fortified with — What else? — probiotics. The teeny vitamin shots (\$4.19 for a four-pack, Whole Foods) are a bit gritty, but those quart-size cartons (\$3.69) are filled with mango, black currant or cranberry/watermelon juice that’s to die for.



EASY AS PIE

Ever wonder why jack-o'-lanterns have those huge grins? It’s because they’re naturally getting the benefits of Lamas Beauty Pumpkin Spice Polish (\$24, Lamasbeauty.com). Enzymes and oils from the orange gourd unclog pores, hydrate skin and make you smell spooktacular.



JUST ADD WATER

The Wellness H2O (\$50, Endbottledwater.com) doesn’t just hold water — it filters it through an internal system that uses “rare Japanese stones” to increase hydration and protect against free radicals. Yeah, we don’t buy it either. Plus, the water doesn’t taste good.



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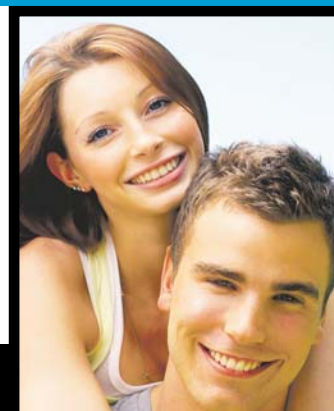
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THE MISFITS

Q I've been lifting weights for about a month now, and I've seen early results in the sense that my biceps have hardened. Anyway, there's a difference. How long until I can lift more weight?

■ Move up in weight when you can lift the current weight with ease, say 12 to 15 times. As a rule of thumb, once you hit 15 reps or so, you are building muscular endurance, but not really prompting muscle growth. How long that takes depends on how frequently you are lifting, but is also (perhaps to an even greater extent) a private matter between you and your DNA. Some of us get stronger faster. It also depends on your age (teenagers get stronger faster than old guys like me), your gender (men add muscle faster than women), your diet (if you are starving yourself, you won't build muscle), etc., so it's hard to say, but longer than a month. H.S.

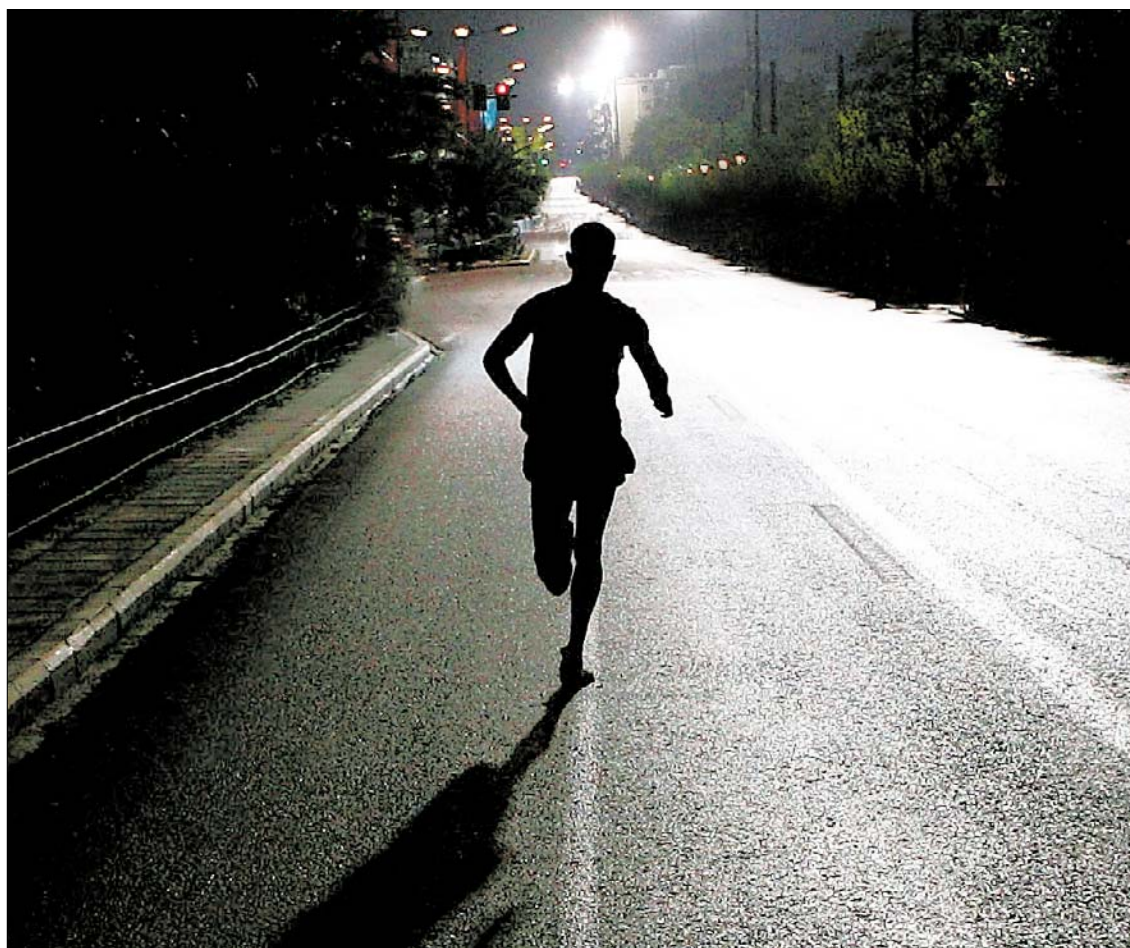
Q My back is killing me. I sit in a lousy chair, and have to lean forward to read my minute computer screen. What can I do at the gym to strengthen my back a bit?

■ Not that I don't want you to do back exercises, but have you thought about getting a new chair? You're probably spending a lot more time in your office reinforcing that bad posture than you are in the gym. So, it's going to be hard to feel a lot better unless you address the root of the problem. V.H.

Q Can you suggest how to purchase an appropriate sneaker primarily for lifting? Right now, I'm using a pair of running shoes.

■ Cross trainers are fine for the weight lifting that most of us do. They will be a bit more stable than running shoes, which are designed to go one direction — i.e. forward. Another good reason to get a second pair is that lifting may decrease the useful life of your running shoes by compressing the tread (and decreasing the shock-absorbing capacity). That's particularly true if you are doing leg presses or squats with lots of weight. H.S.

? The MisFits, Vicky Hallett and Howard Schneider, chat every Tuesday at 11 a.m. at washingtonpost.com/liveonline. Catch up on upcoming events, scientific studies and gymgoers' pet peeves.



All the Night Moves

It's never too late to hit the gym, go for a run or ride the streets of D.C.

Ghosts aren't the only ones who work the late shift in this town. For proof, just look at all the people who go pump in the night at the Washington Sports Club in Glover Park — the only gym within city limits that's open 24 hours a day.

"Believe it or not, we get a lot of people after 10 p.m.," says manager

Phil Thomson, who describes the overnight clientele as a mix of police officers, folks from the nearby hospitals and "the occasional person who can't sleep and wants to blow off steam."

If you were to swing by at 3 a.m., it wouldn't look so different from 3 p.m. The music is pumping, a floor trainer is on hand to help people with equipment, and no one is easing back just because it's after normal hours. "It's a little surreal," Thomson says. "The people who are there are wide-awake. They're not moping around."

In fact, some of them may be getting even more out of their workouts because they're less likely to face a wait for a desired piece of equipment. That's why John Kennedy, owner of the Anytime Fitness locations in Dulles and Gainesville, suspects some of his members visit around the midnight hour or later. "They like to do their own thing," he says.

At his gym, that's literal. While there's always a skeleton crew working at WSC, the concept behind Anytime Fitness is that it's self-service at night. A key fob grants access at all hours, a tailgating sys-

tem ensures only one person can enter with a fob, there's 24-hour video monitoring, and portable panic alarms are available to carry around on the gym floor and in the locker rooms.

If it all sounds a bit freaky, Kennedy says the idea is just to make sure his members stay safe.

Precautions are also always on

"I just decided to take my pants off, and I ran three miles home in my underwear."

the mind of Chris Farley, general manager of Pacers Running Stores and a guy who's been known to lace up his shoes at 2 a.m. on occasion. "You have to select routes conducive to night running, so there isn't too heavy traffic but it's pretty well lit," he explains. His favorite course: Starting at the Marine Corps War Memorial, he dashes across the Key Bridge and then cuts past the Georgetown waterfront and the Kennedy Center before heading to the Mall and home across the Memorial Bridge.

Farley has yet to spot a ghost on one of his late-night runs, but he thinks he may have spooked others. A few years ago, while on that Mall loop, he realized his pants were starting to chafe. "I was thinking, 'I'm going to come back home with bloody legs.' So, I just decided to take my pants off, and I ran three miles home in my underwear," he says. "You're anonymous at night. No way I would have done it in the day."

There's also an added excitement of the unknown, Farley adds. "You're not totally sure of your footing, and can't see too far in front of you. I always get more adrenaline," he says.

Late-night biking holds a different appeal for Larry Black, owner of College Park and Mt. Airy Bicycles and organizer of the annual Moonlight Memorial Monument Ride. "It's so peaceful," he says. "There's a stillness in the air you can't get through the horn honking of the day."

Plus, he adds, the pollution levels go down, making city air more palatable. And with a reflective vest and a headlamp, that doesn't sound so terrifying.

VICKY HALLETT (EXPRESS)

The Late Shift

→ Here's a bright idea: **THE WASHINGTON AREA BICYCLIST ASSOCIATION** (Waba.org) and the **DISTRICT DEPARTMENT OF TRANSPORTATION** are giving away bike lights tonight from 4:30 p.m. until supplies run out at the corner of 18th Street and Columbia Road NW, and at 3211 Pine St. NW.

→ Break in your new gear at the **MOONLIGHT MEMORIAL MONUMENT RIDE**, coming up Nov. 7. Gather at 8 p.m. and hit the streets of D.C. at 9 p.m. Get details at Bike123.com.

→ Is 8 p.m. still too early? Stay up all night to run the inaugural 200-mile **AMERICAN ODYSSEY RELAY** on April 24 (Americanodysseyrelay.com). Each person on every 12-member team is guaranteed at least one leg at an ungodly hour. Organizer Bob Fleshner notes the route cuts by the Antietam Battlefield: "There's no question there will be ghosts."

→ Early birds usually win when it comes to road races, but night owls can shine at one of the area's late-night running events. Both the **ROCKVILLE ROTARY TWILIGHT RUNFEST** (Mcrrc.org) and the **CRYSTAL CITY TWILIGHTER** (Crystallcitytwilighter.com) are held in July.

It's a Piece of Shake

Learn the basics of belly dancing in 2 days at an Arlington studio

Ladies who want to dress up as belly dancers this Halloween can get a better treat than a few fun-size candy bars: a crash course in how to shake and shimmy.

Arlington's Saffron Dance (3260 Wilson Blvd., 703-276-2355, Saffrondance.com) is offering "Best of the Best: Belly Dance Beginners' Weekend Intensive" (\$150) Oct. 31 through Nov. 1 to introduce newbies to the moves and cultural history of

“ [Belly dancing] feeds so many elements of our spirit.”

the seductive dance. And Saphira, the studio's founder and artistic director, says whether you want to lose weight, build self-confidence or simply like the idea of wiggling around, the series is a great way to get started.

As one learns how to belly dance, it becomes more than just a form of exercise. "It feeds so many elements of our spirit and nurtures our mind and our emotion," Saphira says. But to reach that state, every dancer starts with three basic moves.

The first is a side-to-side hip accent. To do it, pretend you're holding a baby and need to close the car door. "That allows you to bend your knees, change your weight and give force to the movement," Saphira says.



Saphira, pictured, will be joined by instructors Faten Salama and Nourhan Sharif.

The second is the figure eight: "Twist your hips so the right hip is in front and left hip is in back. Then shift your weight and twist your hips," Saphira says. This results in crowd-pleasing undulations. It also teaches dancers about how to hold their bodies.

And no one will leave this weekend workshop without mastering the straight-leg shimmy, which is like running in place with your feet flat on the floor. Shimmying makes

fat jiggle, the key to a sultry shake. It also makes many women uncomfortable. "They associate that with such ideas as 'I am a bad person because I can feel my inner thighs,'" she says. "Here, that is an indication of what your instrument is doing." Belly dancing helps women embrace these as good vibrations, Saphira promises.

It'll also teach them to realize the beauty of their bodies: fat, muscle and all. STEPHANIE KANOWITZ

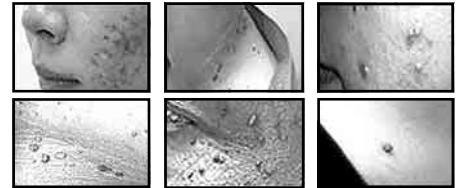
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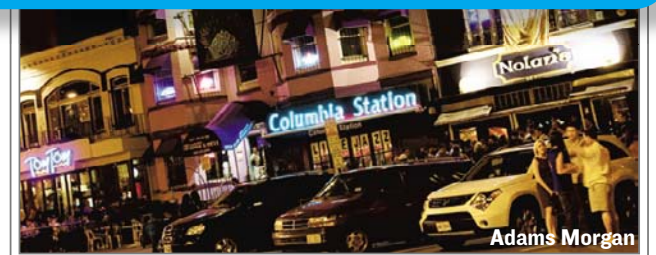
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BODY TALK



Coming 'Round the Mountain

■ Melanie Webb is in fine shape year-round, but in the weeks leading up to her annual Utah ski trip, the trainer preps her body for slope supremacy. And this year, she's taking her regimen to the Sports Club/LA (1170 22nd St. NW, 202-974-6600, TheSportsClubLA.com). Her six-week course (\$640 for members, \$880 for nonmembers), which starts next Tuesday, will get progressively more challenging as ski season approaches. She plans to boost strength in key muscle groups — including the legs, the core and the shoulders — and target agility and flexibility, two skills that can save you from an injury on the slopes. VICKY HALLETT (EXPRESS)

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Bowled Over

Four easy ways to turn boring oatmeal into premium fuel

You already know oatmeal is awesome: It warms you up, fills you up and pumps you up like no other breakfast food. Studies suggest that this overachiever can also help prevent obesity, diabetes and heart attacks. And that's just the plain stuff. Try these toppings for an even better beginning.

NEVER-STOP SUNFLOWER-CRANBERRY

This no-cook recipe combines metabolism-fueling sunflower seeds, oats and milk. Mix 1/2 cup of oats, a tablespoon of sunflower seeds and a tablespoon of dried cranberries into 1 cup of skim milk. Cover and refrigerate overnight.

**Makes 1 serving. Per serving:**
332 cal., 7.5 g fat, 48 g carbs,
138 mg sodium, 5 g fiber, 18 g protein

BRAINY ALMOND-BLUEBERRY

This fruit and nut-spiked solution delivers vitamins and omega-3's. Boil 1 cup of water on high heat. Add 1/4 cup of steel-cut oats. Cook, stirring, for 25 minutes, until the oatmeal is soft. Reduce heat to low and cook for three more minutes, stirring constantly. Add 1/4 cup of skim milk, a tablespoon of slivered almonds, 1/3 cup of fresh or fro-

zen blueberries and a teaspoon of ground flaxseed. Mix and serve.

Makes 1 serving. Per serving: 251 cal.,

7 g fat, 40 g carbs, 41 mg sodium, 6 g fiber, 10 g protein

BELLY-STUFFING PEANUT BUTTER

This blend packs enough protein to satisfy long past your lunch hour. Pre-heat oven to 375 F. Coat an 8x8-inch baking dish with cooking spray. In a large bowl, combine 2 cups of oats and 2 teaspoons of cinnamon. In a medium bowl, beat 2 eggs and add 2 cups of vanilla soy milk, a cup of water and 4 tablespoons of natural peanut butter. Add to the oats, pour mixture into dish, and bake for 20 minutes. Drizzle with 2 tablespoons of agave syrup.

**Makes 6 servings. Per serving:**
253 cal., 10 g fat, 30 g carbs,
96 mg sodium, 3.7 g fiber, 11 g protein

PUMPED-UP BANANA-PECAN

Add some oomph to your workout with this potassium-rich dish. Mix 1/4 cup of quick-cooking Irish oatmeal, 1/2 cup of water, 1/2 scoop of vanilla whey powder, a teaspoon of cinnamon and a pinch of salt. Microwave the mixture on high for 90 seconds and top with 1/4 cup of skim milk, a sliced banana and a tablespoon of pecan pieces.

**Makes 1 serving. Per serving:**
388 cal., 9 g fat, 63 g carbs,
349 mg sodium, 9 g fiber, 18 g protein.

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STETHOSCOPE

SKIN CANCER

Tone Down the Tan

■ Tanning may not just turn you an alluring shade of bronze. It appears to kill brain cells, too. How else would you explain the behavior of women in a Tennessee study (to be published in the journal *Cancer*) who received booklets about the damaging effects of tanning and didn't change their perceptions of susceptibility to skin damage or cancer? They did, however, report a 35 percent reduction in their tanning booth time from the previous year.



OBESITY

Too Fast? Too Fat

■ Scarfing meals as fast as you can? Bad call. Downing grub until you feel your belly is about to burst? Not such a good move, either. And according to a Japanese study published online last week in the *British Medical Journal*, folks who pair those two habits—eating quickly until they're full—have higher body mass indexes and are three times more likely to be overweight than people who eat less food at a slower clip. Research suggests pigging out while watching TV may contribute to this.

SEXUALITY

Injured Egos

■ People who have suffered severe injuries: Researchers from the University of Washington are concerned about your sex lives. According to findings presented at the meeting of the American College of Surgeons, 30 percent of a group of patients treated for moderate to severe trauma reported sexual dysfunction a year later (that's twice the rate of problems in healthy folks). Researchers suspect the bedroom woes come from both physical and emotional limitations caused by the injuries.

When Counting Sheep Fails ...

Try these 7 tricks to help your body find the way back to dreamland

Wish you could get a full eight hours? Dare to dream. Here's how to set the mood for snoozing

Press 'Play'

Researchers at Case Western Reserve University found that people who listen to music in the 60-to-80 beats-per-minute range (a close match to your resting heartbeat) before bedtime report more satisfying sleep. Pick a CD that sets the perfect tempo, like one from *Bedtime Beats* (\$19 for a classical or jazz two-CD set, Bedtimebeats.com)

Score a New Pad

If you snore on the same Serta you moved out of your college dorm, it's time for an upgrade. Mattresses accumulate sweat, oil and dust mites, so you might want to replace yours after five to 10 years. The Euro by Lifekind (from \$1,295, Lifekind.com) is made of natural rubber to discourage mites. It also absorbs motion—good news for the 34 percent of sleepers whose partner's every move jolts them awake.

Get a Hue

Clocks with blue-toned digital displays block melatonin production and keep you up, says Rubin Naiman, director of sleep programs at Miraval resort in Tucson. Instead, pick one that emits amber light, like the *Daybreak Duo* (\$199, Apollohealth.com).



GETTY IMAGES

Conk Out Cold

Your body temp varies by as much as two degrees during the day. You're warmest in mid-afternoon, but in the evening, your brain signals a cool-down process that sleep researchers believe may help you get to dreamland faster. Dialing down the thermostat to somewhere between 65 and 72 degrees helps you reach that perfect core temperature more easily, and a programmable model lets you enforce

climate control automatically. Try the Venstar 7-Day Programmable Digital Thermostat (from \$115, Smarthome.com).

Sniff This

Researchers at Wesleyan University monitored patients' sleep cycles and found that a whiff of lavender before bed helped them doze more deeply. The scent seems to increase the amount of restorative sleep during each slumber cycle. For better sack

time, spritz your pillowcase with a lavender-scented spray, like the Bath and Body Works Aromatherapy Sleep Pillow Mist in lavender chamomile (\$10, Bathandbodyworks.com).

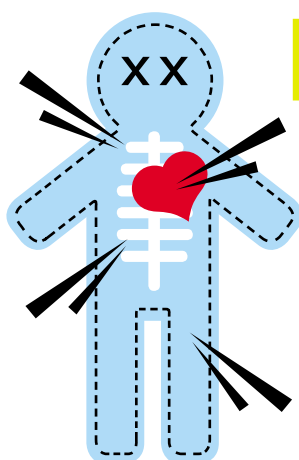
“Just stay away from sounds associated with daytime.”

White Out

You'll never make it to dreamland with frogs croaking or the upstairs neighbors going for a Guinness world record in headboard banging. So, drown it all out with the white noise of a waterfall or a rainforest. Even though the sound of rushing water is loud enough to cancel out other sounds, the white noise doesn't keep you awake, Naiman says, because your brain becomes used to the repetition and you stop hearing it. “Just stay away from sounds associated with daytime, like birds chirping,” he says. Find the right lullaby with HoMedics SoundSpa Sound Machine (\$20, Bedbathandbeyond.com).

Sleep's Worst Friend

Man's best friend may be sleep's worst enemy. In a study conducted by the Mayo Clinic Sleep Disorders Center, almost one fourth of the patients with insomnia copped to sharing their bed with a furry housemate. If you can't bear to shut Sir Barks-A-Lot out of the bedroom, give him a resting spot he can't resist. Just don't try to wean him off the bed gradually, says Karen Pryor, author of “Don't Shoot the Dog: The New Art of Teaching and Training.” “As soon as your dog jumps up, tell him ‘no’ and take him back to his own sleeping area. If you're inconsistent, he'll learn that he can eventually wear you down and get his own way.” Sweeten the deal by leaving a tasty treat on the doggie bed after he nests there for the night. Any pooch would be lucky to snooze in the PoochPlanet ComfyCorners pet bed (\$25, Wal-Mart). GABRIELLE GAYAGOY (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you sleep for 18 hours a day? Do you get out of bed only to eat and use the bathroom? Do these episodes occur for days or weeks at a time? You could have **KLEINE-LEVIN SYNDROME**, a form of recurrent hypersomnia. Not to be confused with needing extra rest after surgery, or wanting to catch up on some Z's after something disturbs your sleep, this is a rare affliction that's only been documented in about 200 people. It tends to appear in one's teenage years and is more common in people with a family history of mood disorders—and in males. Treatment relies on medications that make it easier to stay awake to attend school or work during attacks, and case reports indicate that it decreases on its own over time. But in certain patients, it's reappeared for 10 to 20 years. SOURCE: SLEEPEducation.com



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